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ABSTRACT

This activity book was designed to complement the theory and suggestions for teachers in its companion document, Basic Movement Skills (K-3), printed in 1990. It has an activity-based focus, concentrating on exercises that contribute to development of all basic movement skills. Each activity highlights the main skill focus and addresses any secondary focus. To help in the selection process, each activity is classified as a skill progression, a learning station, a warm-up, a game, or a rhythmic activity. Variations and teaching hints are included. Following a discussion of class management and organization, safety, and class routine suggestions, lesson plans are provided for running, jumping, hopping, galloping, skipping, ball rolling, ball bouncing, catching, underhand throwing, overhand throwing, striking, kicking, static balance, and dynamic balance. It is emphasized that the two documents be used together. (LL)

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ED 374 113

1994

Physical Education K-4

Movement with Meaning

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Curriculum Support Series

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1994

Physical Education K-4

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ISBN 0-7711-1202-5

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St. James-Assiniboia School Division #2
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Fort Garry School Division #5
St. Vital School Division #6
River East School Division # 9
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Joanne Bruce	Winnipeg School Division #1
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Dick LaPage Jack Parrington

Introduction

Purpose: This activity book has been designed to complement the curriculum support series document, *Basic Movement Skills (K-3),* printed in 1990. It was the goal of the Manitoba Movement Skills committee in the first document (book 1) to increase the understanding of basic movement skill development, observation, assessment, and program implementation and follow up with a more activity based focus in a second document (book 2).

As the title, *Movement with Meaning,* suggests, the book focuses on choosing activities that are meaningful in developing all the basic movement skills. There are 14 of these skills and are identified in book 1 as follows:

Transport: Running, Hopping, Jumping, Galloping, Skipping
Manipulation: Rolling, Bouncing, Catching, Underhand Throwing, Overhead Throwing, Striking, Kicking
Balance: Static Balance, Dynamic Balance

Each activity highlights the main skill focus and addresses any secondary focus. They are classified as a skill progression, station, warm-up, game, or rhythmic activity to help guide the reader in selecting appropriate v

activities. Each activity is set up using the same format and presented with the three-ring binder approach so it is possible to add more activities to each section. Variations and teaching hints are also listed at the bottom of each activity.

This activity book should not be used without the first document. Valuable information on philosophy, characteristics of the initial, formative, and mature phases of each skill, teaching hints, progressions, and appropriate equipment is outlined. It is important to be able to observe the students' movement to identify in what phase they have reached, and then, to choose developmentally appropriate activities so they have positive experiences and progress at their own rate.

When choosing an activity for a lesson plan, use the game/activity as the vehicle to develop the skill and teach to the skill versus teaching just the game. As students are participating, observe their performance closely and comment on the characteristics of the mature phase of that particular skill. Key points are outlined on each divider page; for more details refer to book 1.

Guidelines for choosing activities for a lesson plan are

- Pick one of the 14 basic movement skills as the primary focus.
- Choose an activity from that section that is suitable with respect to space, type, equipment, time, age, and developmental stage.
- Ensure safety in all activities.
- Provide for maximum participation.
- Promote fair play practices.

Class Management and Organization

Safety:
- Ensure students are wearing appropriate gym clothes and footwear. (Allow runners or bare feet, no sock feet.)
- Stress working in their own personal space.
- Use lines and not the wall as the endlines. (Students who touch the wall in tag games are automatically caught.)
- Choose activities that are developmentally appropriate.
- Use equipment that is safe. Nerf or sponge balls are recommended for most early years' activities.
- Remind students of the safety rules before commencing an activity.

Class routine suggestions

- Organize and name students to groups. Designate monthly captains to help with equipment set up and other duties.

- Highlight names on class lists with different colours and post them on the wall. Students then check their name to find out their colour and group.

- Ask students to line up on lines without touching each other, find a space on circle finger-tip distance apart. Then, find their own space away from everybody and everything.

- Line up in alphabetical order by last names.

- Use the "double line" concept for partner organization. Students may keep these partners for the month then change. This strategy helps avoid the same person being picked for a partner.

- Try different ways to make up groups instead of numbering off, i.e., use birth dates, colour of clothes, hair, eyes, types of shoes, etc.

- Use the number line if there is one on the floor. Sort teams by odd and even numbers, multiples of a number, etc.

- Dismiss students using colours or group names to avoid the run for the door.

- Use different ways to pick students to be "it" for tag games, i.e., first students to be changed, the quietest, clothes colour, teacher's choice, group leaders, names with a certain letter, student of the week, etc.

- Explain the "tagger's rule" - the tagger is always right in tag games. This helps to eliminate disagreements between students.

- Maximize the activity. Avoid elimination type of activities unless there is a way to return to the game by performing a certain exercise or task.

- Ensure the students are active as soon as they enter the gym. Teach a simple warm-up routine or allow play on their own with some equipment .

- Close each class by reviewing the charateristics of the skill emphasized during the class and use positive examples of different students to reinforce the movement with meaning concept.

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RUNNING

Key Points and Teaching Hints

- Heavy, flat-footed steps - Encourage light and straight foot placement.
- Arms swinging sideways - Stress a forward/backward motion.
- Stiff, uneven stride - Focus on lifting knees higher to run with flight.

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SUMMARY CHART — **RUNNING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) TURTLE TAG	*																X	X					X	13
2) OCTOPUS	*																X	X					X	14
3) CORNERS	*															X	X	X				X		15
4) PARTNER TAG	*																X	X			X		X	16
5) PENNY RUN	*																X	X					X	17
6) SPACE RUNNERS	*																X	X					X	18
7) MOSQUITO TAG	*																X	X					X	19
8) RABBIT-IN-THE-HOLE	*																X	X					X	20
9) THREE BEARS	*																X	X					X	21
10) DONKEY TAG	*																X	X					X	22
11) BUMBLE BEE TAG	*																X	X					X	23
12) FROGGER	*	S															X						X	24

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Movement skill focus **RUNNING**

Name **TURTLE TAG**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment None.

Description

Students decide which Ninja Turtle they will be and line up as in diagram with three students as "shredders". When shredders call "turtle power", turtles run to the other sideline. When tagged, turtles call their turtle name and get in a turtle crouch. They are free when their turtle friends return back and touch them on the back calling "Cowabunga."

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- change shredders every three or four turns.
- try skipping, hopping or galloping.

Movement skill focus **RUNNING**

Name **OCTOPUS**

Other skills involved

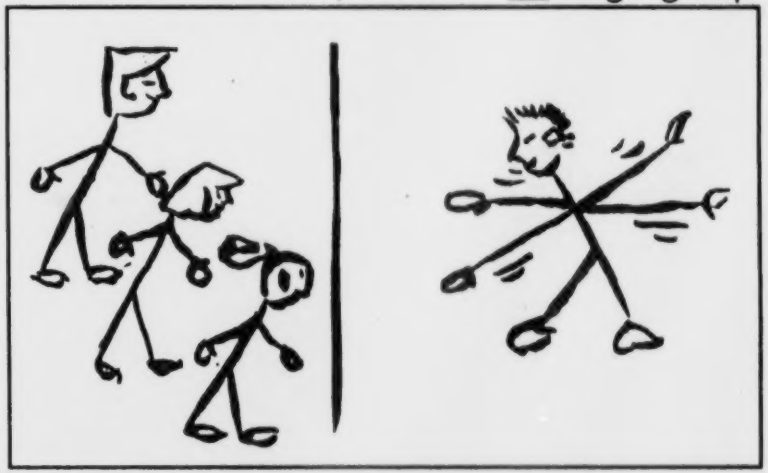
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

One student, the octopus, stands in the middle of the gym. Other students, fish, at one end try to get to the other end of the gym when the octopus calls "Fishy, fishy come to me." Anyone tagged must sit down where they were tagged and swing arms,(sea weed), to tag others when they run past.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- students who do not cross after ten seconds must sit down.
- try using other transport skills.

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Movement skill focus **RUNNING**

Name **CORNERS**

Other skills involved

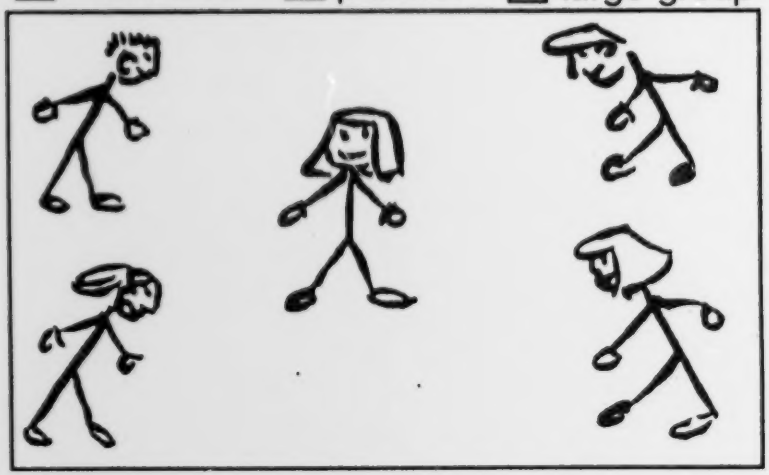
Type of activity ☒warm-up ☐skill practice ☒game ☒station ☐rhythmic Grade: 3-4

Equipment Cones.

Description

Students are in groups of five with four students forming a square and one in the middle. Corners are marked with a cone. Students on the corners try to switch with each other while the middle student attempts to "steal" a corner. The student left without a corner goes to the middle.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- vary the size of the square.
- use other transport skills.

Movement skill focus **RUNNING**

Name **PARTNER TAG**

Other skills involved

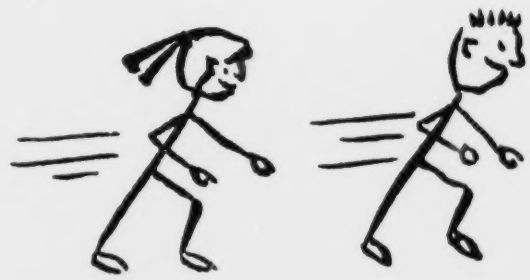
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment None.

Description

Students are in pairs with one partner trying to tag the other. When tagged, the student must perform a skill, i.e., an exercise or balance. Once skill is completed students reverse roles.

Diagram/Formation ☐small group ☐individual ☒partner ☒large group



Teaching hints/Variations

- teacher calls reverse after a set time, thirty seconds.
- use other transport skills.

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Movement skill focus **RUNNING**

Name **PENNY RUN**

Other skills involved

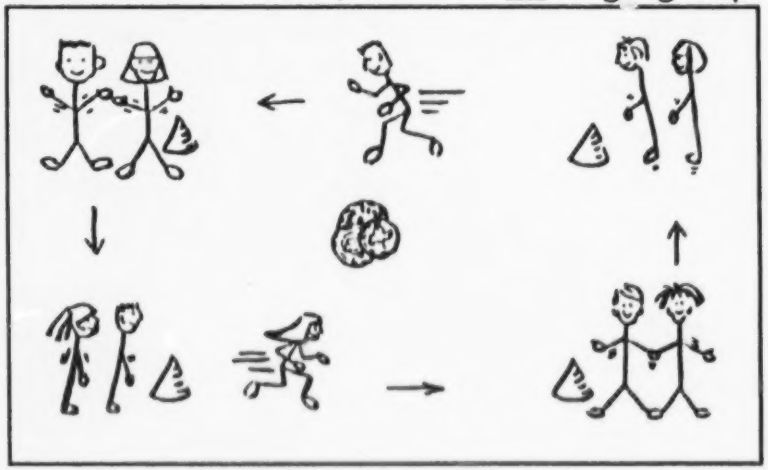
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Cones.

Description

Class is divided into groups of four lined up behind a cone. On signal, the first student runs one lap around the gym then tags the second in line. While the second student runs their lap, the first collects a penny and takes it back to the team. The relay continues for a set time or until pennies run out.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use bean bags, other transport skills.
- team mates perform a skill while waiting, i.e., balance, jumping jacks.

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Movement skill focus **RUNNING**

Name **SPACE RUNNERS**

Other skills involved

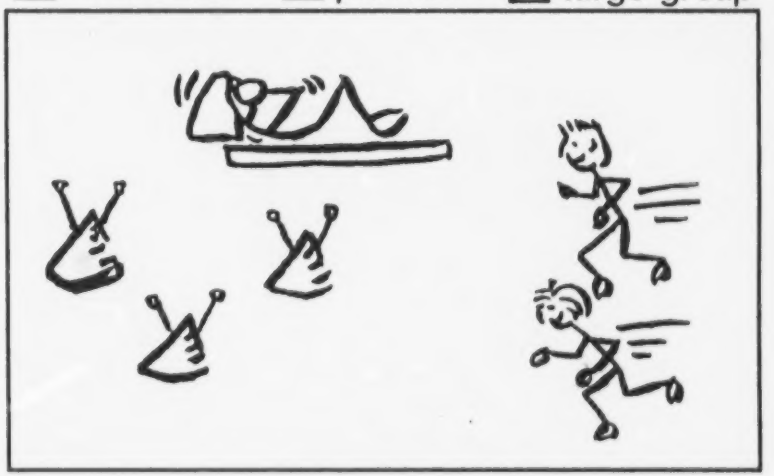
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Cones, mat.

Description

Students are Space Captains, scattered cones are Space Monsters and the mat is the Repair Shop. While teacher counts down from ten to zero, students run to the other side. If students touch a cone or another student their ship is damaged and must go to the Repair Shop and perform a skill, i.e., five sit-ups, before returning to the game.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use hoops instead of cones.
- use other transport skills.

Movement skill focus **RUNNING**

Name **MOSQUITO TAG**

Other skills involved

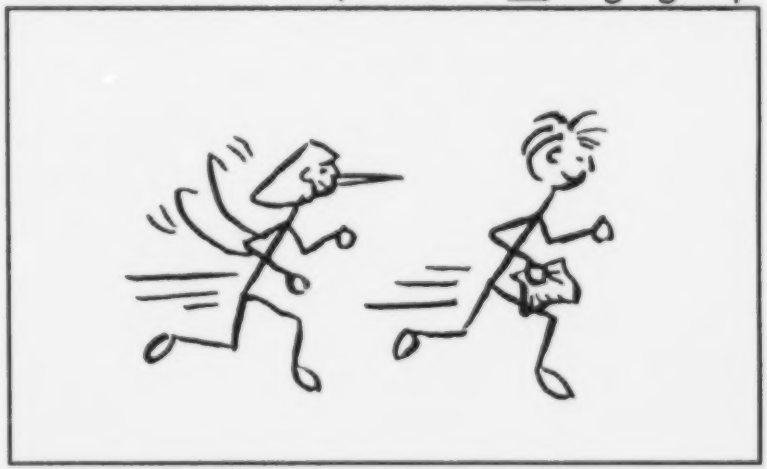
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Beanbags.

Description

Students are in scatter formation with a beanbag. Four students have a pre-determined colour. The students with the stinger try to tag others. When tagged the students exchange beanbags and roles.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- number of stingers/class, ratio one to four.
- themes, Christmas - Reindeer Tag, red bags are glowing noses, Halloween - Vampire Tag, with black bags.

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Movement skill focus **RUNNING**

Name **RABBIT IN THE HOLE**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Hoops.

Description

Students sitting in a circle are numbered one to four. Six hoops are put inside the circle. The students' number is called by the teacher and they get up and run around the circle. When the teacher calls "Rabbit in the Hole" the runners try to be the first in the hoop.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- provide a hoop for each runner.
- play as Musical Hoops.
- use other transport skills.

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Movement skill focus **RUNNING**

Name **THREE BEARS**

Other skills involved

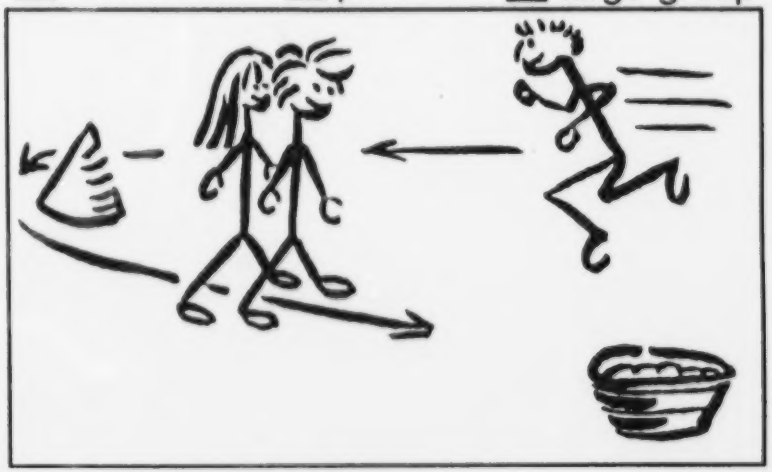
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Beanbags, cones.

Description

Class is divided into groups of three (papa, mama, and baby bear) lined up behind their cones. The teacher calls out the name of one of the bears and that bear runs once around the gym and crawls through the door (straddled legs of the other bears) and retrieves a bowl of porridge (beanbag) from inside the house.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- only two in the group? students take turns being the baby bear.
- bears not running perform a skill.
- Halloween -ghosts, goblins, ghouls.

21

Movement skill focus **RUNNING**

Name **DONKEY TAG**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment One flag per student.

Description

Students have flags tucked into the back of their shorts like a tail. On signal students try to steal the other students' tails. When a tail is stolen, the student puts the tail in a centre circle and continues play. A student missing their tail goes to a designated area and crab walks to the circle to replace their tail and resume play.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- students cannot hold tail, sit down, or lean against walls.
- students can take only one tail at a time.
- change mode of transport retrieving tails.

22

Movement skill focus **RUNNING**

Name **BUMBLE BEE TAG**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Pinnies, bean bags, mats.

Description

Class is divided into four groups. Black bees collect nectar (bean bags) and store in the black hive (mat). Yellow bees do the same, while Robber Bees (blue) steal nectar and scatter it in gym. Queen Bees (red) sting other bees (tag them). Once tagged by a Queen, bees do a skill before rejoining the game. Queen bees tag all other bees.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- bees may take only one beanbag at a time.
- beanbags should be carried, not thrown.
- use other transport skills.

Movement skill focus **RUNNING**

Name **FROGGER**

Other skills involved Jumping

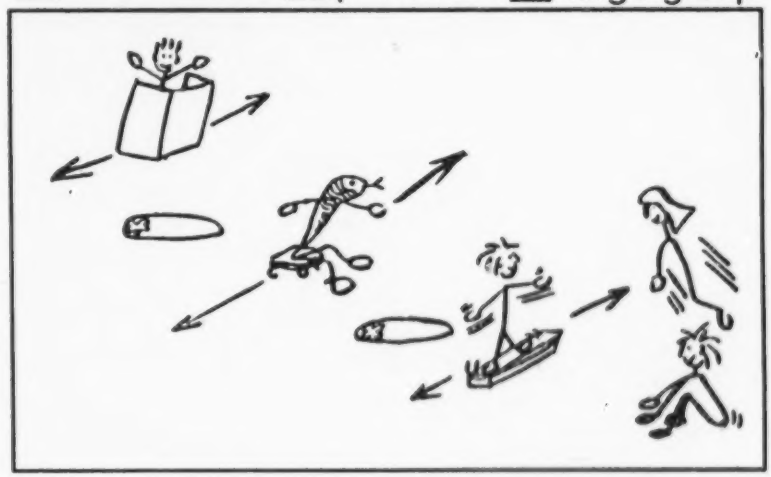
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Beanbags, mats, scooters, benches, hoops.

Description

Frogs are to try and get frog food (bean bags) at other end of gym and take it home without being tagged. Tree snakes in mat, cobras on scooters, trolls on benches, can move on floor line or bench. When tagged, the frog takes food back and performs a skill. Frogs are safe on lily pads, hoops, for five seconds, then must leave.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- students divided into four groups, snakes, cobras, trolls and frogs and rotate after one minute and count up the number of beanbags.

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JUMPING

Key Points and Teaching Hints

- Knee bend on take-off and landing - Encourage a slight knee bend to prepare for jumping and for landing.
- Little arm action - Demonstrate the arms swinging in a full backward and forward direction.
- Stepping action - Encourage a 2-foot take-off and 2-foot landing.
- Head down - Emphasize keeping head up to help from falling forward.

SUMMARY CHART — **JUMPING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT					MANIPULATION							BALANCE		ACTIVITY TYPE					FORMATION				PAGE
	Running	Jumping	Hopping	Galloping	Skipping	Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	Static Balance	Dynamic Balance	Skill	Station	Game	Warm-up	Rhythmic	Individual	Partner	Small Group	Large Group	
1) PUDDLE JUMP		*															X	X		X			X	27
2) BOLO		*															X	X		X			X	28
3) ROLL & JUMP		*				S									X		X					X		29
4) JUNGLE JUMPERS		*															X	X					X	30
5) JUMPING RELAYS	S	*													X	X				X		X		31
6) KANGAROO JUMP		*															X	X					X	32
7) JUMP THE CANYON	S	*													X		X				X			33
8) JUMP THE BROOK		*															X			X				34
9) JUMPING CIRCUIT		*												S	X	X				X			X	35
10) RABBITS AND FOXES	S	*															X						X	36
11) POGO BALL		*													X			X		X			X	37
12) TINIKLING	S	*	S																X			X		38

Movement skill focus **JUMPING**

Name **PUDDLE JUMP**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-1

Equipment One hoop for each student.

Description

Students stand behind their hoop (puddle). When the teacher says "In the puddle", students jump into the hoop. Teacher then continues to give commands of in, out, behind, in front, or beside the puddle. Tell students they can make a bigger splash if they land with both feet.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- have students run, skip, hop, or gallop around the gym until "jump" signal is given.
- have students jump softly, hard, high/low.

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Movement skill focus **JUMPING** Name **BOLO**

Other skills involved

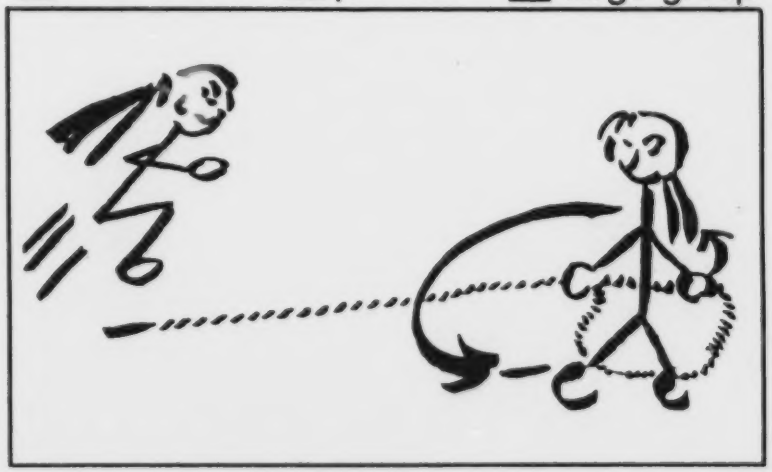
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Long rope with ringette ring or ball attached to end.

Description

Teacher or student swings the rope in a large circle letting the rope out to its full length gradually. Students jump over the rope. When touched by the rope students perform an exercise before rejoining the game. Start swinging the rope slowly, more quickly as students gain proficiency.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- students can work in groups of three with a skipping rope.
- if a boy touches the rope, all the boys perform the exercise, likewise if a girl touches the rope.

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Movement skill focus **JUMPING**

Name **ROLL & JUMP**

Other skills involved Rolling

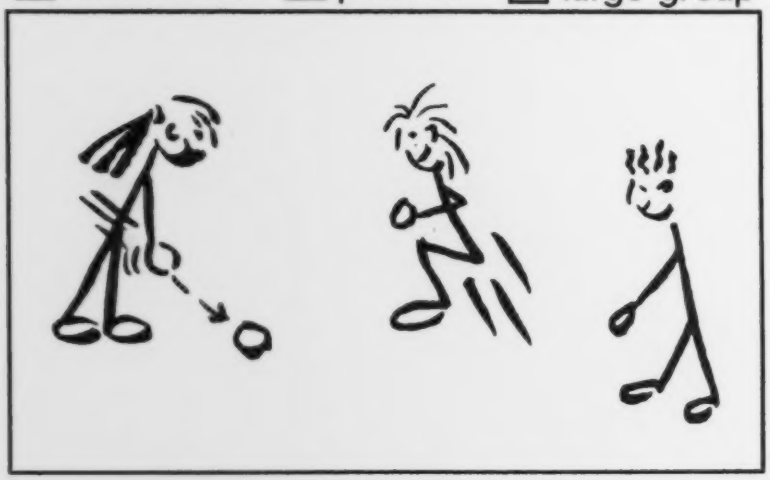
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment One ball for every three students.

Description

Students roll the ball to each other while the student in the middle attempts to jump over the ball. Teach how to rotate positions before playing, and rotate after a set time period or a specific number of jumps.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- students can attempt turns or other stunts as they jump over the ball.

Movement skill focus **JUMPING**

Name **JUNGLE JUMPERS**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Variety of objects, cones,ropes,hoops,mats, etc.

Description

Scatter objects around the gym. They represent snakes, quicksand, alligators and streams. One student will be "Bigfoot" and jump around the gym tagging the Jungle Jumpers. Tagged Jungle Jumpers become a Bigfoot. When all have been caught, start the game again.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- keep the objects close to the floor.
- students should practice jumping prior to the start of the game.
- try other transport skills.

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Movement skill focus **JUMPING**

Name **JUMPING RELAYS**

Other skills involved Running

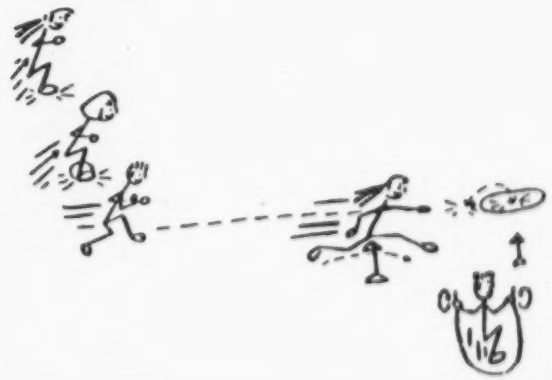
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Balls, hoops, mini hurdles, skipping ropes.

Description

Relay #1- jump across the gym, run back to the team. Relay #2- jump across the gym with a ball in between ankles. Relay #3- run across the gym and jump into and out of the hoop 5X. Relay #4- run across the gym and jump over the mini-hurdle. Relay #5- run across the gym, jump rope 5X.

Diagram/Formation ☒small group ☒ individual ☐ partner ☐ large group



Teaching hints/Variations

- divide the class into five groups, starting at the same time.
- when groups have finished their turn they move one station to their right.

31

Movement skill focus **JUMPING**

Name **KANGAROO JUMP**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Select one student to be "it". All other students are kangaroos. When the student who is it calls "Kangaroos where are you?", the kangaroos must attempt to cross to the other side of the gym without being tagged. When a student is tagged they become "it".

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use other transport skills.
- "it" must use the same transport skills as the kangaroos.

32

Movement skill focus **JUMPING**

Name **JUMP THE CANYON**

Other skills involved Running

Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment Mats.

Description

As a warm up, partners try many ways of jumping across the river (mats). The game is a one vs. one tag with the boundaries being the space immediately surrounding the mat. One is a chaser and the other is a runner. The students may run around the mat and may jump over the mat. Change roles when runner is tagged.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- fold mat in half, encourage different kinds of jumps, i.e., two feet to two feet, one foot to two feet, etc.
- encourage jumping in different directions.

33

Movement skill focus **JUMPING**

Name **JUMP THE BROOK**

Other skills involved

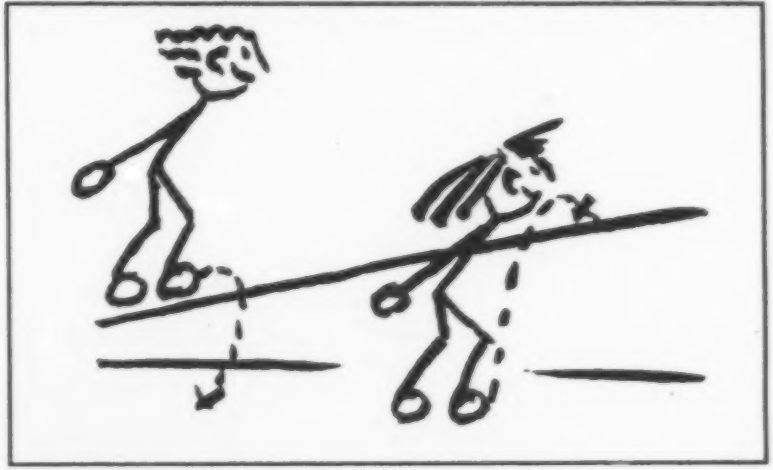
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Ropes or tape to mark the floor.

Description

Students perform a standing long jump starting at the narrow end and moving to the wider end with each jump. Upon landing, heels must land past the opposite line or they will have fallen into the brook and must start all over.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group



Teaching hints/Variations

- emphasize proper jumping and landing technique.

Movement skill focus **JUMPING**

Name **JUMPING CIRCUIT**

Other skills involved Balance

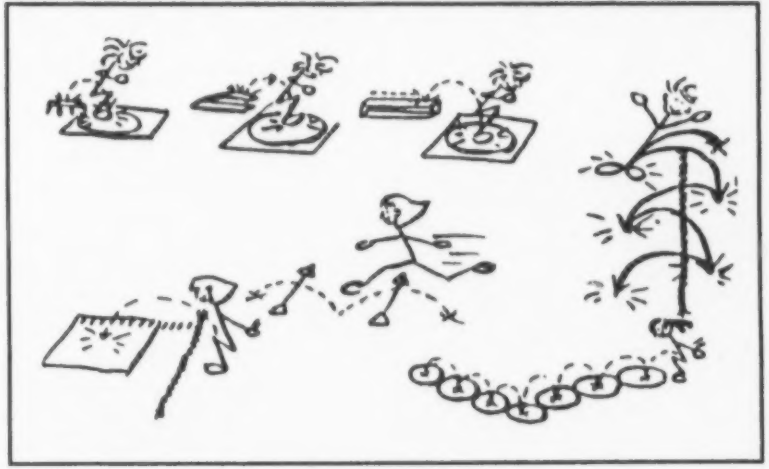
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Mats, minitramp, boxes, benches, ropes, hoops, etc.

Description

Jump from the minitramp, beat boards boxes, benches, etc., and land on the mat inside the hoops. Jump zig-zag over the stretched out rope, jump from hoop to hoop in a pattern. Jump over mini-hurdles and jump from behind a rope or tape to land on a mat.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- students perform tasks 3X without error prior to moving on to next station.

35

Movement skill focus **JUMPING**

Name **RABBITS AND FOXES**

Other skills involved Running

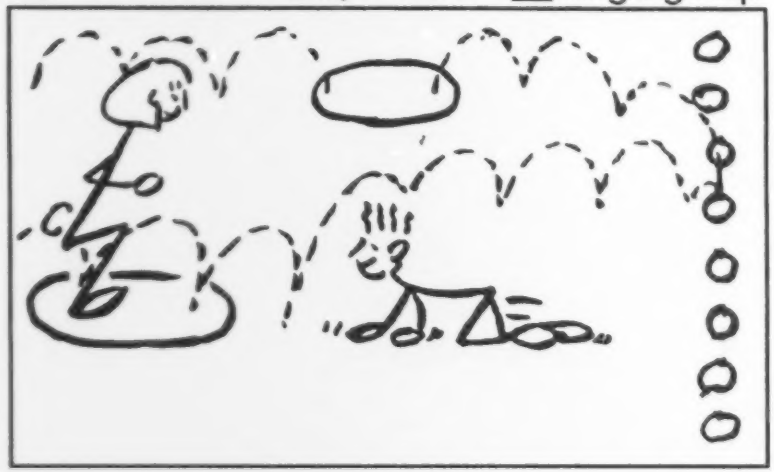
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Six to eight hoops, beanbags (rabbit food).

Description

Students are divided into two equal groups, rabbits and foxes. The object is for the rabbits to steal the food from the foxes without getting tagged. They may jump into a rabbit hole (hoops) for safety. If tagged the food is replaced. The rabbits must jump and the foxes run using hands and feet.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- have the students practice jumping like a rabbit and running like a fox.
- use other transport skills.

Movement skill focus **JUMPING**

Name **POGO BALL**

Other skills involved

Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment 8" playground balls.

Description

Students place a playground ball between their ankles. On a signal from the teacher the students jump around the gym squeezing the ball with their legs to hold it in place. This skill could be done as a relay, tag game, or as a large group activity.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- students should be proficient in the skill before using it in a game.

Movement skill focus **JUMPING**

Name **TINIKLING**

Other skills involved Running, hopping

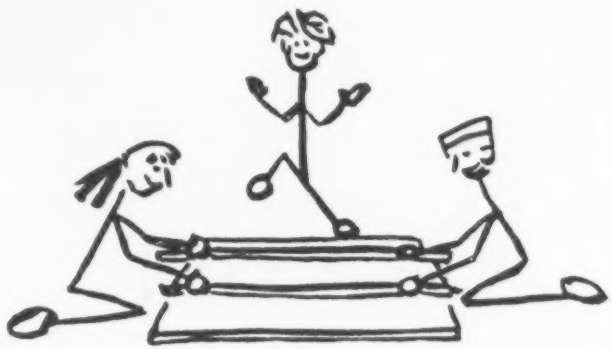
Type of activity ☐warm-up ☐skill practice ☐game ☐station ☒rhythmic Grade: 2-4

Equipment Mats, tinikling poles or ringette sticks, 4/4 time music.

Description

Students in groups ofthree to four with a mat and poles. Work on three basic steps, combine to make a short routine. #1- hop left, left outside poles, right, right inside. #2- hop left, left outside, jump together, together inside, apart, apart, outside. #3- hop left, left outside, run right, left inside, hop right, right outside, run left, right inside.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

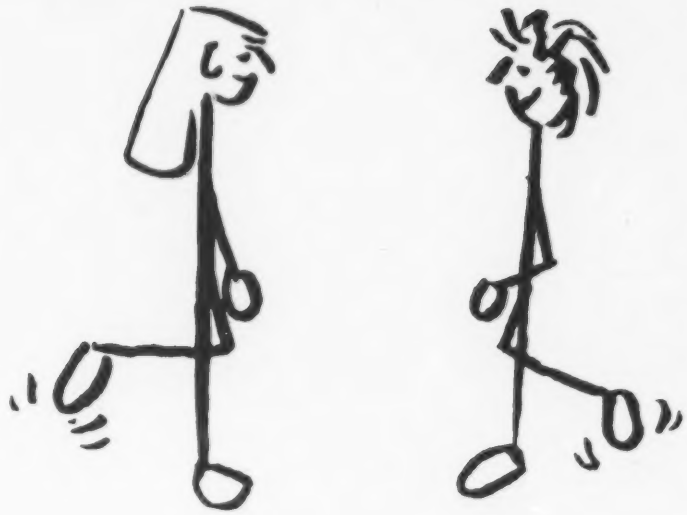
- poles can be stationary when first learning the steps. Poles start together, together, apart, apart. Dancer always starts hop, hop outside poles. Add music when students gain proficiency.

38

HOPPING

Key Points and Teaching Hints

- Flat-footed landing - Encourage hopping on the ball of the foot and soft landings.
- Exclusive use of preferred foot - Ensure students practise on each foot.
- Extraneous and unrhythmical movement - Stress hopping should be smooth and continuous.
- Leg is held in front of the body - Stress knee being held behind the body at a 90 degree angle.



SUMMARY CHART — **HOPPING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) HOPPING PROGRESSION			*												X			X		X			X	41
2) HOOPSCOTCH			*											S	X	X						X		42
3) ROOSTER RUMBLE			*												X			X			X		X	43
4) HIPPITY HOPPITY HOOPS			*													X				X		X		44
5) COMMANDO CHALLENGE			*												X	X				X		X		45
6) HOPPY OBSTACLE COURSE			*													X			X			X		46
7) CHICKENS AND FOXES			*											S			X	X					X	47
8) CARROT GRAB			*											S	X		X				X		X	48
9) FOLLOW THE LEADER TAG	S		*														X				X			49
10) SHOE SCRAMBLE			*														X						X	50
11) SCHOTTISCHE			*																X		X		X	51
12) BUDDY GAME			*														X		X				X	52

Movement skill focus **HOPPING**

Other skills involved

Name **HOPPING PROGRESSIONS**

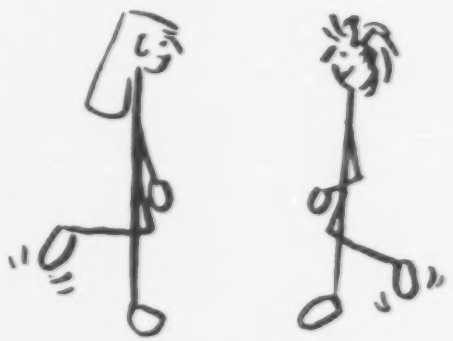
Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Students follow the directions: hop on spot, hop higher on spot, hop in place in a circle, hop forward, change feet and hop back, hop backward, clap hands while hopping, change directions while hopping, hop back and forth over a line, hop in a triangle, hop in letter and number shapes.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- stress proper technique.

Movement skill focus **HOPPING**

Name **HOOPSCOTCH**

Other skills involved Balance

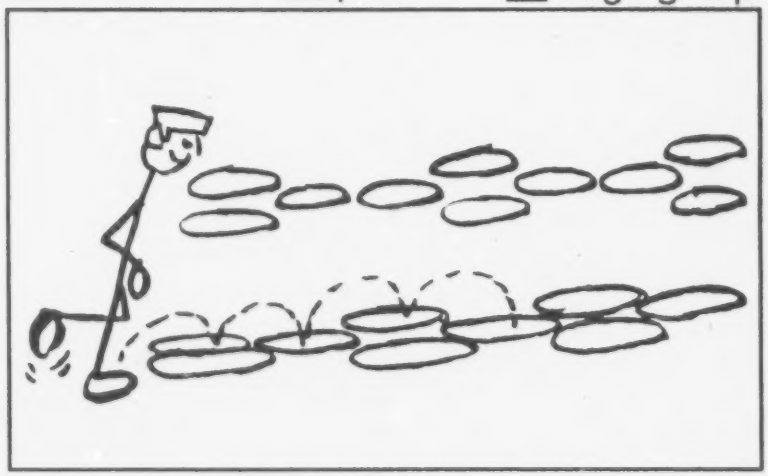
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: k-4

Equipment Hoops.

Description

Introduce the game of hopscotch and the rule: One foot per hoop. Have students go through a hopscotch station designed by teacher. In small groups have students design their own hopscotch station. Allow groups to move to other stations to try different hopscotch activities. This activity can be done indoors or outdoors.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- outside use chalk or hoops to make stations, add bean bags, toss at hoops. When going through a station, students don't go in hoops with bags inside, students pick them up on the way back.

42

Movement skill focus **HOPPING**

Name **ROOSTER RUMBLE**

Other skills involved

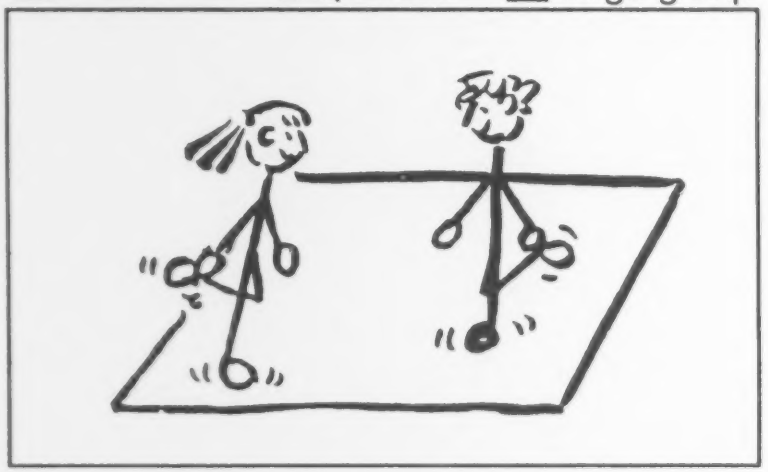
Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 1-4

Equipment Wrestling mat or mats joined together.

Description

Students are in the centre of the large mat holding one foot up with same side hand. Students attempt to maintain balance by hopping around. If they fall over or go off the mat they are out. Give the students a try with both feet before eliminating. Can be done with partners on smaller mats.

Diagram/Formation ☐small group ☐individual ☒partner ☒large group



Teaching hints/Variations

- have students contact each other by pushing at the shoulder to cause a fall. Once out the students should cheer on their classmates.

Movement skill focus **HOPPING**

Name **HIPPITY HOPPITY HOOPS**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Lots of hoops.

Description

Students begin with one hoop. They must hop in, out, then turn around and repeat. If successful, they can get another hoop and continue. If they touch the hoop they must return one hoop, to a minimum of one hoop.

Diagram/Formation ☒small group ☒ individual ☐partner ☐large group

Teaching hints/Variations

- allow students to change hopping foot.

Movement skill focus **HOPPING**

Name **COMMANDO CHALLENGE**

Other skills involved

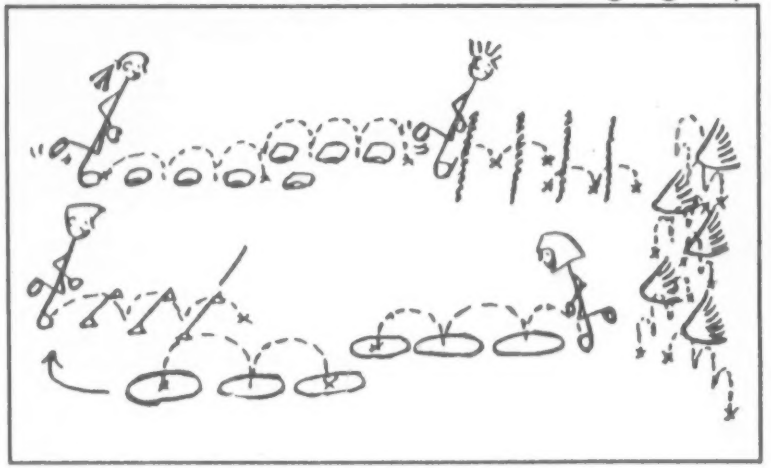
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Beanbags, hoops, ropes, tubes.

Description

The difficulty of the obstacle course is determined by the level of students. Students can hop over beanbags, switching feet as they switch sides, hop over ropes, switching feet after every two ropes, weave through cones, hop over plastic tube, height set to ability, and alternate feet accordingly.

Diagram/Formation ☒small group ☒individual ☐partner ☐large group



Teaching hints/Variations

- be creative; have students set up course.
- balance activities are a good warm-up for hopping.
- don't worry about right/left, just have students alternate.

Movement skill focus **HOPPING**

Name **HOPPY OBSTACLE COURSE**

Other skills involved

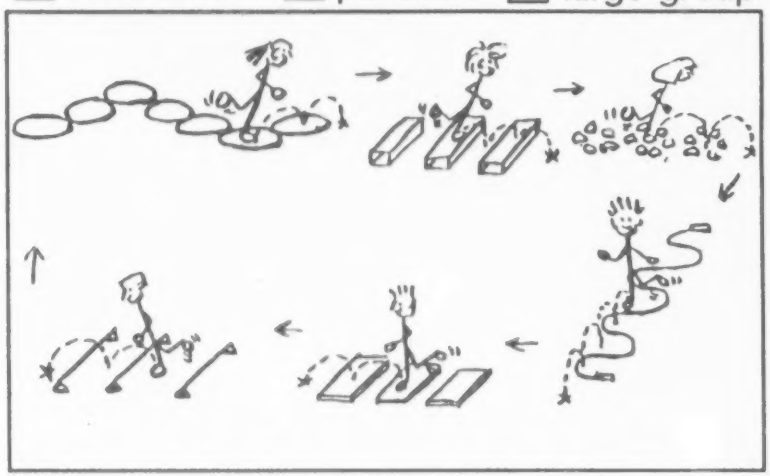
Type of activity ☐warm-up ☐skill practice ☐game ☒station ☒rhythmic Grade: K-3

Equipment Hoops, mats, benches, cones, skip ropes, beanbags.

Description

Organize students into as many groups as there are stations. Design stations that involve hopping in or over equipment that is safe and cooperative. The challenge is to go through the course without putting the free foot down. Try the challenge on each leg. Use music to help develop good rhythm. Stations should be demonstrated before students start the activity.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- discuss how to work together cooperatively when creating stations.
- give students the chance to develop their own stations.

46

Movement skill focus **HOPPING**

Name **CHICKENS AND FOXES**

Other skills involved Balance

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

One student starts out as a fox on hands and feet. The other students are chickens who hop around the gym. If a chicken is tagged by a fox, they become a fox. Game is over when there are no more chickens left.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- change hopping foot often.
- try other transport skills.
- have more than one fox to start, limit the area.

47

Movement skill focus **HOPPING**

Name **CARROT GRAB**

Other skills involved Balance

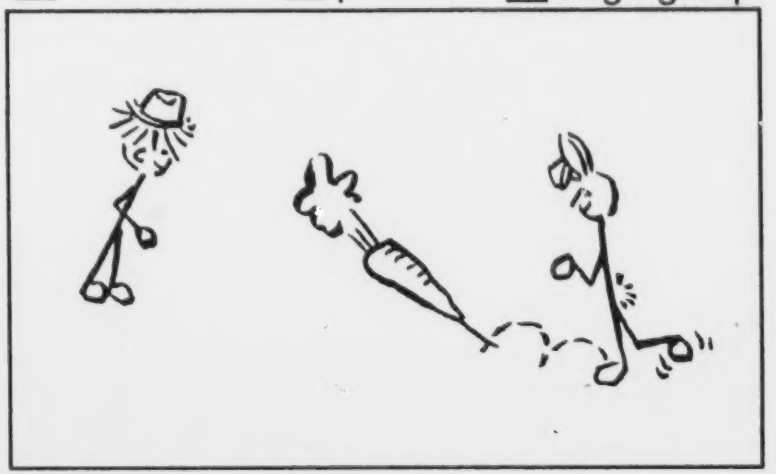
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Beanbags.

Description

In partners, students are placed into two groups, bunnies and farmers. Place bean-bags (carrots) at the centre. On signal students hop to the carrot and attempt to grab the carrot and hop back to their line without being tagged by their partner. If tagged, they give the carrot to their partner and chase the partner. The group with the most carrots win.

Diagram/Formation ☐small group ☐individual ☒partner ☒large group



Teaching hints/Variations

- try the game using other transport skills.
- make certain the return line is a safe distance from the walls.

48

Movement skill focus **HOPPING**

Name **FOLLOW THE LEADER TAG**

Other skills involved Running

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

A leader starts hopping in different ways and patterns (curved, zig-zag, straight, forward, backward, etc.). The follower does what the leader does. On a signal, follower chases leader and tries to tag the leader. If caught the roles reverse. If not, the leader continues to lead.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- change partners; allow a short time for the chase.
- try other transport skills.

Movement skill focus **HOPPING**

Name **SHOE SCRAMBLE**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment

Description

Students remove one shoe and place in the centre of the gym. On signal students must hop to shoes and find their own shoe, put it on and hop back to their starting spot. Must hop on the foot with the shoe on.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- hop back on the shoe that was put on.
- try other transport skills.

50

Movement skill focus **HOPPING**

Name **SCHOTTISCHE**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☐game ☐station ☒rhythmic Grade: 3-4

Equipment Music, any schottische variation.

Description

Students are in partners in a circle formation, shoulder waist position (side by side) Measure (1) -step left, right, left, hop left. Measure (2) -step right, left, right, hop right. Measure (3) -four step hops turning clockwise. Repeat throughout the music.

Diagram/Formation ☐small group ☐individual ☒partner ☒large group

Teaching hints/Variations

- students must be able to hop.

Movement skill focus **HOPPING**

Name **BUDDY GAME**

Other skills involved

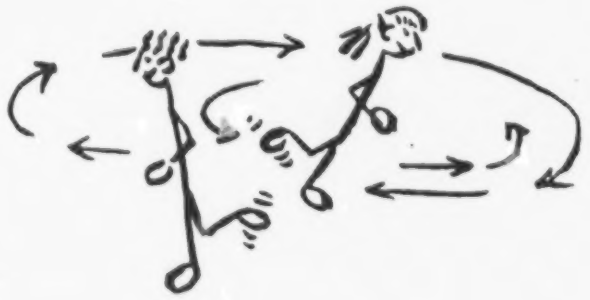
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☒rhythmic Grade: K-4

Equipment Music.

Description

Students stand with a partner in a double circle. Circles hop in opposite directions. Play music appropriate for hopping. When the music stops the students must quickly find their original partner and sit down with one hand up. The goal is to be the first pair to do so.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use other transport skills.

GALLOPING

Key Points and Teaching Hints

- Stiff and rigid movement - Encourage the to bend knees more, to relax, and to keep the flight low.
- Exclusive use of preferred foot as the lead leg (one sided gallop) - Practice using each leg as the lead leg.
- Sideways movement with a slide step - Emphasize hips and shoulders facing the direction of the movement.

SUMMARY CHART

GALLOPING

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT					MANIPULATION							BALANCE		ACTIVITY TYPE					FORMATION				PAGE
	Running	Jumping	Hopping	Galloping	Skipping	Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	Static Balance	Dynamic Balance	Skill	Station	Game	Warm-up	Rhythmic	Individual	Partner	Small Group	Large Group	
1) GALLOPING SEQUENCE				*											X					X				55
2) A TRIP TO THE ZOO		S	S	*	S										X					X			X	56
3) MUSICAL RIDE				*											X			X	X	X	X	X	X	57
4) HORSE ON THE RANGE				*											X			X		X			X	58
5) COWBOY TAG				*											X			X		X			X	59
6) O.K. CORRAL				*														X		X			X	60
7) DINOSAUR TAG				*											X			X				X	X	61
8) COWBOYS AND HORSES				*													X	X					X	62
9) BUFFALO BUST				*											X			X		X			X	63
10) JAWS	S			*													X			X			X	64
11) CARROUSEL				*															X				X	65
12) RIDE A COCK HORSE				*											X				X				X	66

Movement skill focus **GALLOPING**

Name **GALLOPING SEQUENCE**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment

Description

Teacher demonstrates the correct technique to gallop. Students stand in a scattered formation. Tell the students the back foot is the Fox and the front foot is the Hare. The Fox chases the Hare, but never catches it because the Hare jumps away. The children should experiment with this at a slow speed and gradually increase with proficiency.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- teach galloping at a slow speed to teach proper foot placement.

Movement skill focus **GALLOPING**

Name **A TRIP TO THE ZOO**

Other skills involved Jumping, hopping, skipping

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment

Description

The students are taken on a trip to the zoo by the teacher. The students and teacher move through the gym. When they arrive at an area the animal wakes up and the students try to move like the animal: Mouse-quick running, dodging; Kangaroo-jump; Snake-wriggle on tummy; Elephant-slow walk; Horse-gallop; Frog- jumps; and Seal-arm walk.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- use this game at the start of the year to establish various transport skills.
- use as a strengthening activity or relay later in the year.

Movement skill focus **GALLOPING**

Name **MUSICAL RIDE**

Other skills involved

Type of activity ☒warm-up ☒skill practice ☐game ☐station ☒rhythmic Grade: K-2

Equipment One hoop per student, the music "Fistful of Dollars".

Description

Students are scattered around the gym sitting in their hoop. When the music begins the students rise up, step out of their hoop and gallop around the hoops. When the music stops the students must find a new hoop to sit in. Repeat.

Diagram/Formation ☒small group ☒individual ☒partner ☒large group

Teaching hints/Variations

- students should remember there is always one lead leg.
- teacher can remove hoops to offer the chance to share hoops.

57

Movement skill focus **GALLOPING**

Name **HORSE ON THE RANGE**

Other skills involved

Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment One hoop per student, ten to fifteen cones.

Description

The cones are scattered on the floor. Students are cowboys/cowgirls on their horses. They gallop freely around the gym each holding a hoop (lasso). On a signal the students will try to throw their hoop around a cone. Students then collect their hoop and continue to gallop until the next signal.

Diagram/Formation ☐small group ☒ individual ☐partner ☒ large group

Teaching hints/Variations

- use music to accompany the children as they gallop, i.e., (Rawhide from the Blues Brothers soundtrack).

58

Movement skill focus **GALLOPING**

Name **COWBOY TAG**

Other skills involved

Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Two cowboy hats or two scarves.

Description

Two students are chosen to be a cowboy/cowgirl and wear a hat or scarf. The other students gallop freely. The cowboy/cowgirl will try to tag another student. When students get tagged they become the cowboy/cowgirl.

Diagram/Formation ☐small group ☒ individual ☐partner ☒large group

Teaching hints/Variations

- use this game only after the skill of galloping has been learned.

Movement skill focus **GALLOPING**

Name **O.K. CORRAL**

Other skills involved

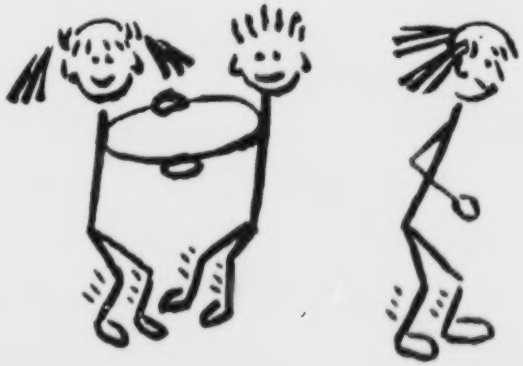
Type of activity ☒warm-up ☐skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Select two students to join hands and form a corral. The rest of the students are horses. On the signal "Giddyap" the corral will try to capture a horse by joining their hands around the horse. The caught horse becomes part of the corral, and they continue to catch horses.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- as the corral gets larger, let it split up to form smaller corrals; horses do not resist the corrals restraint.
- students should be alternating lead legs.

60

Movement skill focus **GALLOPING**

Name **DINOSAUR TAG**

Other skills involved

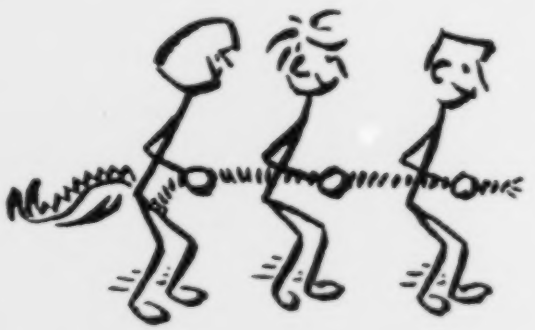
Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Skipping ropes, rip flags.

Description

Each group receives a rope and flag. Students line up one behind the other, holding the rope in one hand. The last student wears the rip flag, as a tail. On the signal, the group gallops together and tries to steal other groups' tails while protecting their own. Once the tail is taken, the leader moves to the end of the line and wears the tail.

Diagram/Formation ☒small group ☐ individual ☐ partner ☒ large group



Teaching hints/Variations

- keep groups to about three to four students.
- students must work together as a group.
- use music from "Jurassic Park".

61

Movement skill focus **GALLOPING**

Name **COWBOYS AND HORSES**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Three hoops, mats, music (William Tell Overture).

Description

Three students are chosen as the cowboys/cowgirls. The cowboys use the hoops as lassos. Horses must gallop in the gym. Once lassoed, the horses are taken to the corral. Once the corral becomes full, the cowboys can go for a snooze by the campfire. At this time the teacher will release the horses and the game starts over.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use old hoops for this game.
- warn cowboys not to lasso around the neck.
- call "Stampede" to release the horses.

62

Movement skill focus **GALLOPING**

Name **BUFFALO BUST**

Other skills involved

Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Balloons, string.

Description

Students all wear a balloon tied around their ankles. They gallop freely around the gym. On the teachers signal "Buffalo bust", students will attempt to burst other students' balloons by stamping on them with the lead leg.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- ask students to blow up their own balloons and to tie the string.

Movement skill focus **GALLOPING**

Name **JAWS**

Other skills involved Running

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-3

Equipment Three mats, music, pinnies.

Description

Three students are chosen to be Jaws and can only run within a described space. The other students gallop around the space while the music plays. When the music stops, all gallopers must jump to a mat without getting tagged by Jaws. Once tagged the student becomes Jaws.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- have the students chosen as Jaws wear pinnies.
- switch pinnies when the roles change.

64

Movement skill focus **GALLOPING**

Name **CAROUSEL**

Other skills involved Walking

Type of activity ☐warm-up ☐skill practice ☐game ☐station ☒rhythmic Grade: K-2

Equipment One parachute, music for Carousel.

Description

Students stand in a circle holding the parachute. On measures 1-4, students take sixteen slide steps to the left, stamping on the last three steps. (one step per beat). On measures 5-8, students continue to move to the left at double the time, to allow the slide to become a gallop. Part 2: repeat (all except the parachute goes to the right).

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- teach students to move sideways first without crossing their feet, step together-step together.
- try two circles, no parachute, and students holding hands.

65

Movement skill focus **GALLOPING**

Name **RIDE A COCK HORSE**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☒rhythmic Grade: K-1

Equipment

Description

PART 1: Ride a cock horse to Banbury Cross (students gallop on spot for 4 beats). To see a fine lady on a white horse (students gallop forward 4 steps.) With rings on her fingers (students sweep their toes with hands). And bells on her toes (students sweep their toes with hands). She shall have music wherever she goes (turn and gallop back to original spot). PART 2: Students gallop 16 steps clockwise. PART 3: Students return 16 steps counter-clockwise.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- teach rhythm of gallop movement using hands or drum beat
- students should put one leg in front and grab the pant. This reminds students which leg should lead.

SKIPPING

Key Points and Teaching Hints

- Flat footed landings - Encourage light and rhythmical steps.
- One sided skipping (skipping with one foot and stepping with the other) - Stress a step hop pattern alternating left and right sides.
- No arm action or arms not swinging in opposition - Emphasize left arm swings forward when right knee is up, and opposite for right arm, just as in walking.

SUMMARY CHART — **SKIPPING**

TRANSPORT | MANIPULATION | BALANCE | ACTIVITY TYPE | FORMATION

* Main Focus
(S) Other Focus

Name of Activity	Running	Jumping	Hopping	Galloping	Skipping	Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	Static Balance	Dynamic Balance	Skill	Station	Game	Warm-up	Rhythmic	Individual	Partner	Small Group	Large Group	PAGE
1) COUNTDOWN			S		•										X					X				69
2) SKIP PROGRESSION					•										X	X				X		X		70
3) PIGTAILS					•												X	X					X	71
4) SNATCH THE FLAG					•												X	X					X	72
5) WOLF ATTACK	S				•												X						X	73
6) SLOWKIE POKIE					•												X	X					X	74
7) MUSICAL HOOPS					•								S				X	X					X	75
8) FIRE CHIEF TAG					•												X	X				X	X	76
9) AUTOMOBILES			S	S	•												X	X					X	77
10) SHOEMAKER DANCE					•														X				X	78
11) RIG-A-JIG-JIG					•													X					X	79
12) KLAPPDANS					•														X				X	80

Movement skill focus **SKIPPING**

Name **COUNTDOWN**

Other skills involved Hopping

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-3

Equipment

Description

Ask students to hop five times, step on other foot and hop five times. Repeat with four hops, then three, two, one until the student is doing one hop, one step pattern, alternating feet.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- very helpful for students having difficulty with skipping.

Movement skill focus **SKIPPING**

Name **SKIP PROGRESSION**

Other skills involved Step-hop.

Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-3

Equipment Hoops, tape, tires.

Description

Place hoops so students can hop in each hoop in a step-hop fashion alternating right and left feet.

Diagram/Formation ☒small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- use different coloured hoops to dictate left and right foot.
- tape hoops together so they don't move around.

Movement skill focus **SKIPPING**

Name **PIGTAILS**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Flags or pieces of cloth for tails.

Description

Half the class puts a flag in their waistbands for tails. On "go", the students without a tail try to take a tail. Students with tails do not try to pull other tails, they just avoid students trying to take theirs.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- tuck tail in the side if students object to putting it behind them.
- give five seconds for students to put their "stolen" tail on.
- avoid leaning against a wall or holding on to the tail.

71

Movement skill focus **SKIPPING**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

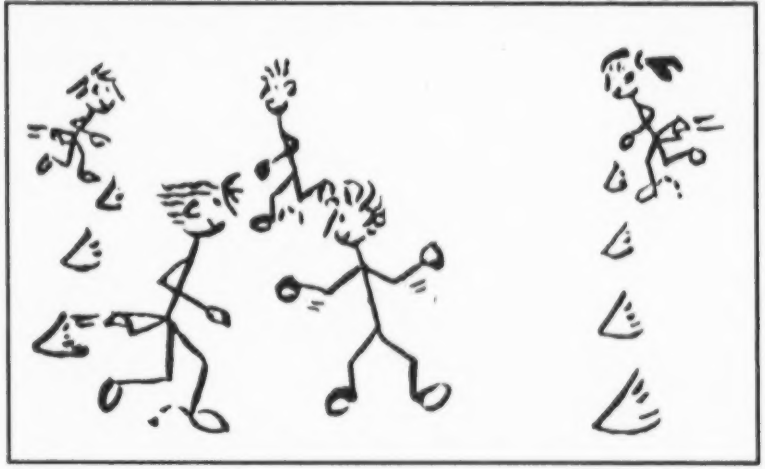
Equipment Flag football flags or pieces of cloth.

Description

All Xs have tails and line up at both ends of the gym. Os must stay in the middle zone. Os try to pull tails as Xs pass through. Players switch places if the flag is taken.

Name **SNATCH THE FLAG**

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- establish a penalty for students who do not skip, i.e., student automatically loses tail.

Movement skill focus **SKIPPING**

Name **WOLF ATTACK**

Other skills involved Running.

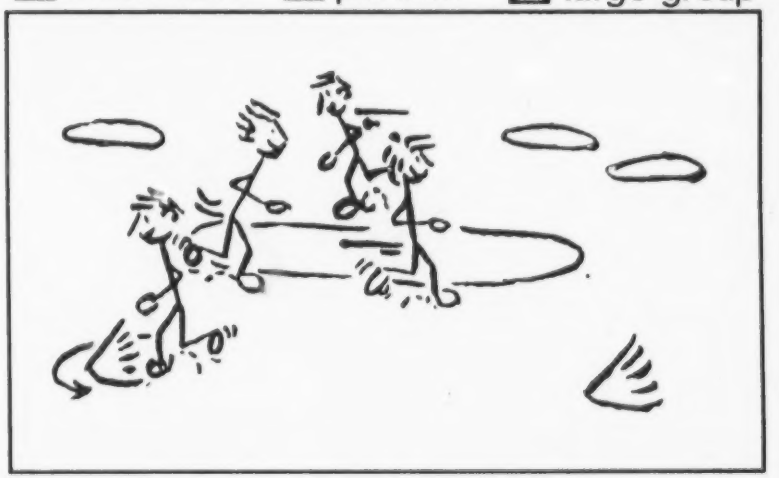
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Hoops or mats, two cones.

Description

Students are numbered off in fours to designate four groups. Students skip around the circles. On the cue, "two" that number becomes the wolves and runs after the other students who try to run to their home (hoop or mats) for safety. If tagged, they skip around the cones instead of circle for the next call only, then return to the big circle.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- when students are skipping around the cones it is a good time to assess.
- allow one person per hoop; try other transport skills.

Movement skill focus **SKIPPING**

Name **SLOWKIE POKIE**

Other skills involved

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment

Description

Similiar to "follow the leader." Students follow behind leader imitating the transport skill performed. When the leader stops, turns completely to face the line, all students must be flat on their backs. The last one to do so is the slowkie pokie and goes to the end of the line.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- start with a slower, less complicated activity, i.e., walking
- trick students by stopping and not turning around. Add humorous movements, i.e., fish (plug-nose, do the twist).

74

Movement skill focus **SKIPPING**

Name **MUSICAL HOOPS**

Other skills involved Balance

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Hoops, music.

Description

Scatter hoops on the floor. When music starts, students skip around the gym. When music stops, find a hoop and do a trick in or with the hoop, i.e., balance on one foot or do the hula.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use appropriate music; play the game in partners so the students skip together. Remove one or more hoops, students left out do an exercise, then return. Use other transport skills.

Movement skill focus **SKIPPING**

Name **FIRE CHIEF TAG**

Other skills involved

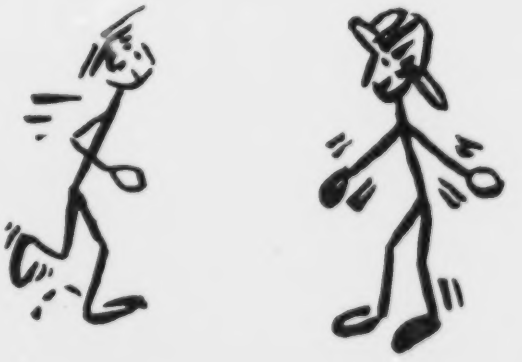
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Select one student to be the Fire Chief. Number off others 1-5. Fire Chief calls out, "Fire, fire station number four." All the fours skip to the other side. When the fire chief tags a student that student helps the chief.

Diagram/Formation ☒small group ☐ individual ☐ partner ☒ large group



Teaching hints/Variations

- set a penalty for students not skipping, change name of game according to the season, i.e., reindeers.
- use other transport skills.

76

Movement skill focus **SKIPPING**

Name **AUTOMOBILES**

Other skills involved Hopping, galloping.

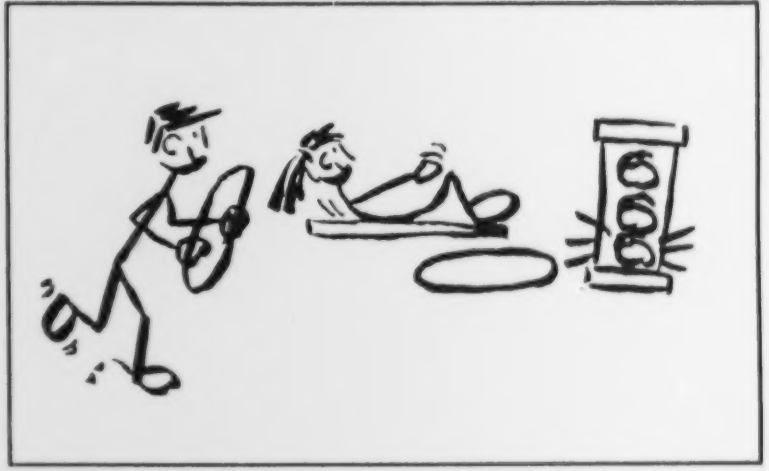
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment Hoops, coloured paper, red, yellow, and green.

Description

Students use hoops as steering wheels and drive the lines responding to the teacher who holds up the signs:
red =stop, green=go, yellow=caution. A police car can patrol the area to catch offenders. Establish an autopac station (exercise) for students who crash.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- control the speed of the moving cars.
- teach the proper hand signals for turning and stopping.

Movement skill focus **SKIPPING**

Name **SHOEMAKER DANCE**

Other skills involved

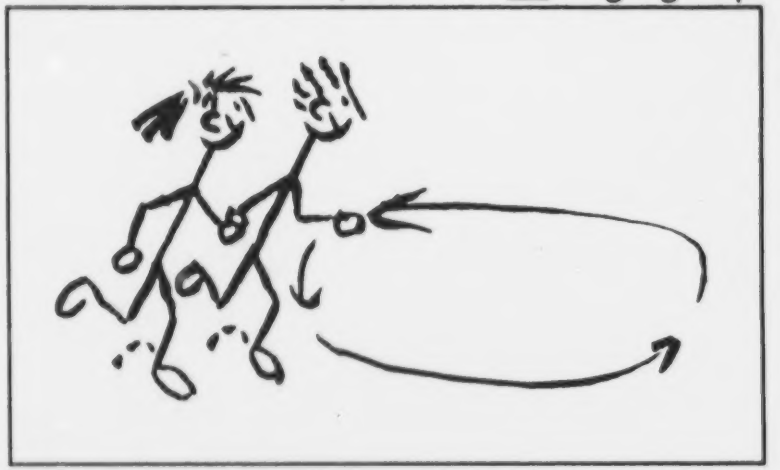
Type of activity ☐warm-up ☐skill practice ☐game ☐station ☒rhythmic Grade: K-4

Equipment Music.

Description

Double circle, with female students on the outside facing partners, hands on hips. Measure (1) -"Wind the thread" roll arms forward 4X, roll arms backward 4X, pull elbows back 3X, tap fists 3X. Repeat. Partners join inside hands and skip clockwise eight counts.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- pair students who are having difficulty with peers who are able to complete the movement.
- tap head instead of fists, tap foot, etc.

78

Movement skill focus **SKIPPING**

Name **RIG-A-JIG-JIG**

Other skills involved Other transport skills.

Type of activity ☒warm-up ☐skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment

Description

Students say/sing the action song: "As I was walking down the street, down the street, down the street, as I was walking down the street, hi ho,hi ho, hi ho." Students walk individually."A nice friend I chanced to meet, chanced to meet, chanced to meet, a nice friend I chanced to meet, hi ho,hi ho, hi ho." Students shake hands with friend. "Rig-a-jig-jig and away we go, away we go, away we go, Rig-a-jig-jig and away we go, hi ho, hi ho, hi ho." Skip with a friend holding hands. Repeat by finding a different friend.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- if there is an odd number of students, the teacher must be a partner so no student is left out; use other transport skills instead of walking.

79

Movement skill focus **SKIPPING**

Name **KLAPPDANS**

Other skills involved

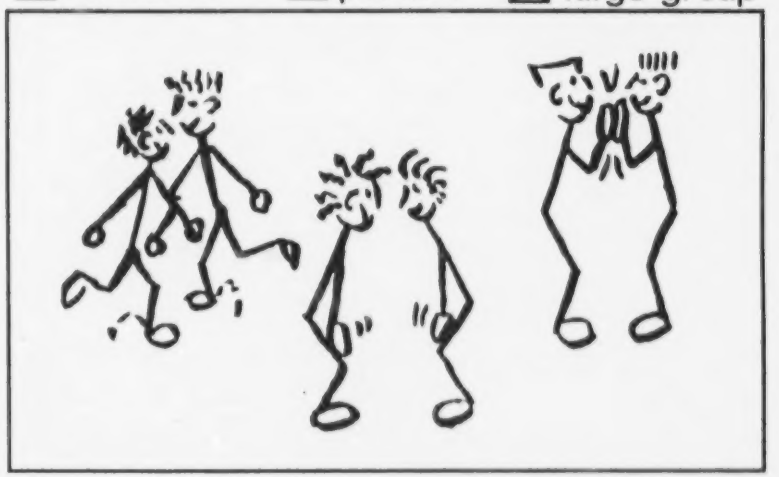
Type of activity ☐warm-up ☐skill practice ☐game ☐station ☒rhythmic Grade: 2-4

Equipment Tape recorder and music.

Description

Part (A) Partners link right side elbows and skip sixteen counts one direction, then reverse. Part (B) Students stop to face each other and slap their own legs once, clap hands together once, clap partners hands 3X. Repeat same clap/slap sequence except slap legs, own hands, partners hands 3X and stomp right, left, right. Repeat (B), do entire dance over.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- try in a circle with students spaced well apart.

80

BALL ROLLING

Key Points and Teaching Hints

- Holding the ball with two hands - Encourage one hand balance on backswing.
- No backswing or followthrough - Stress the pendulum movement of the arm.
- Incorrect foot placement - Stress the opposite foot forward to throwing hand.
- No weight transfer - Emphasize shifting weight backward then forward.

SUMMARY CHART — **ROLLING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) KNOCK THE PIN						*									X	X		X		X			X	83
2)PARTNER TUNNEL BALL						*									X		X				X			84
3) HUMAN BOWLING						*									X		X						X	85
4) LAWN BOWLING						*									X	X	X				X			86
5) KANGA BALL						*									X		X					X		87
6) PARTNER BOWLING						*									X	X	X				X			88
7) BOWLING TAG	S					*									X		X				X			89
8) GUARD THE PIN						*									X	X	X					X		90
9) BOWL YOU OVER	S					*											X						X	91
10) ROLLING GOLF						*									X	X	X					X		92
11) BOMBARDMENT						*									X		X						X	93
12) PINBALL	S					*											X						X	94

Movement skill focus **ROLLING**

Name **KNOCK THE PIN**

Other skills involved

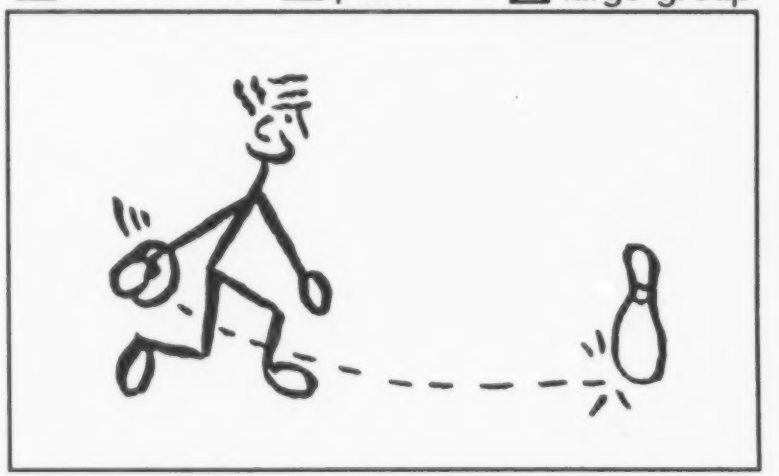
Type of activity ☒warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Balls, bowling or wooden pins.

Description

Each student has a ball and pin. Students set pin down and attempt to knock over their pin by rolling the ball toward it.

Diagram/Formation ☐small group ☒ individual ☐partner ☒large group



Teaching hints/Variations

- stress eyes focused on pin; opposite leg forward.
- start with larger balls then decrease size with practice.
- use non-dominant arm.

83

168

Movement skill focus **ROLLING**

Name **PARTNER TUNNEL BALL**

Other skills involved

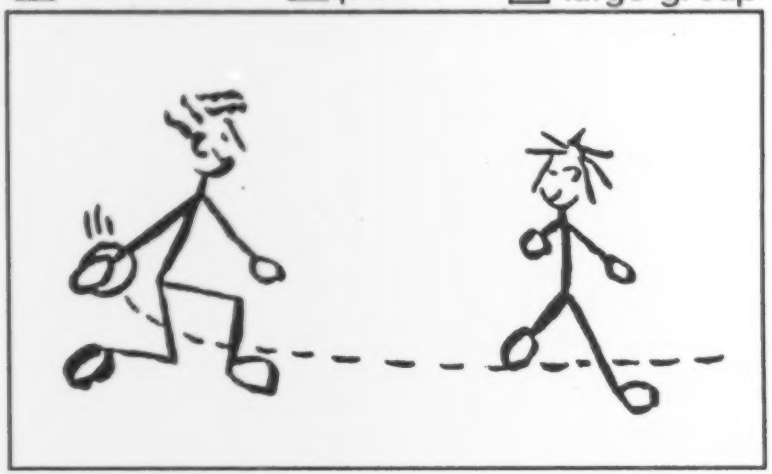
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Balls.

Description

Partners, scattered around the gym, take turns trying to roll a ball between each others feet.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- stress opposite foot stepping forward.
- vary size of ball, increase distance apart.
- use beanbags; create tunnels using other body parts.

84

Movement skill focus **ROLLING**

Name **HUMAN BOWLING**

Other skills involved

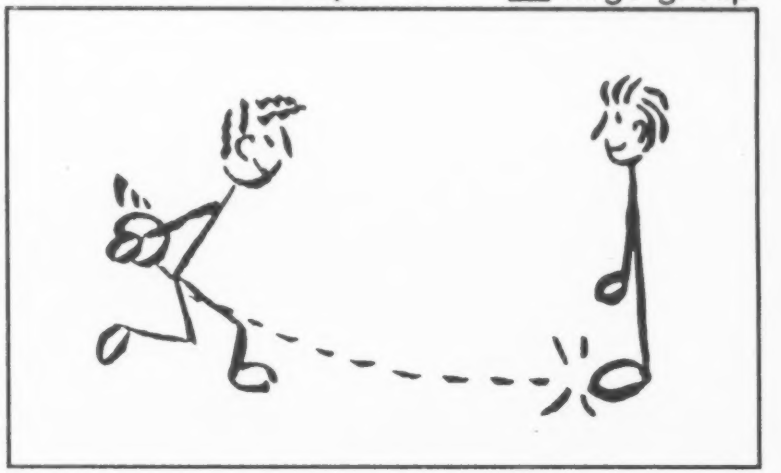
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Balls.

Description

Partners, facing each other, take turns rolling the ball at their partner to try and "knock" each other down.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- show safe way to fall; bowling pins can't move.
- after each strike the human pin can take a step backward.

85

Movement skill focus **ROLLING**

Name **LAWN BOWLING**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: K-4

Equipment Balls, cone.

Description

Partners take turns rolling their balls on grass as close to the cone as possible. Closest to the cone gets a point.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- use larger target and ball for less skilled students.
- decrease the size of balls with practice.
- use beanbags in the gym; vary the distance.

Movement skill focus **ROLLING**

Name **KANGA BALL**

Other skills involved

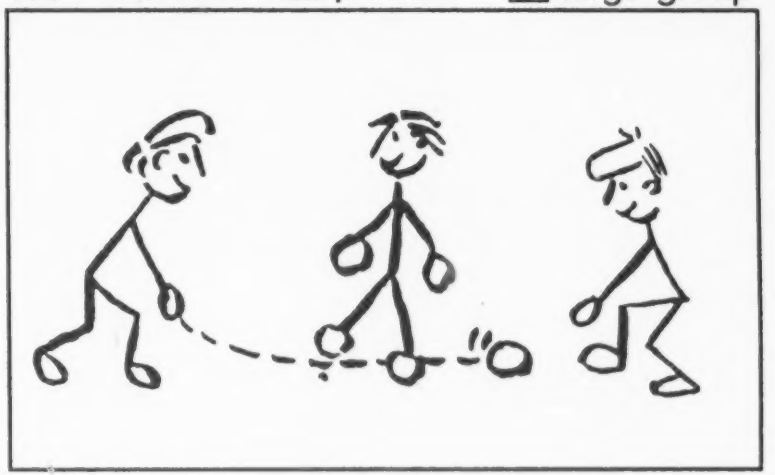
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment Balls.

Description

Students are in groups of three with one student making a bridge with their legs. The other students roll the ball back and forth through the legs. If the ball touches the bridge, the student switches places with the bridge.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- stress step onto opposite foot.
- students take a step back with every successful roll.
- vary the size of balls.

87

Movement skill focus **ROLLING**

Name **PARTNER BOWLING**

Other skills involved

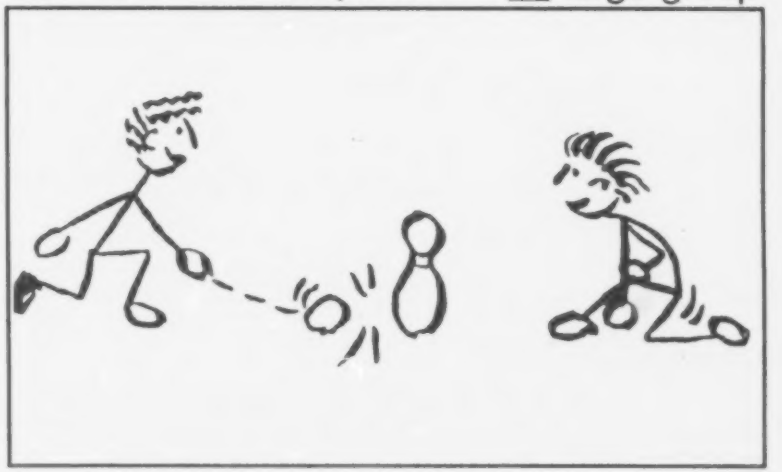
Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: K-4

Equipment Balls, pin.

Description

Partners face each other with the pin between them. Students take turns rolling the ball trying to knock the pin over. Student knocking the pin over sets the pin up while the other student retrieves the ball. Use larger balls and targets initially, then decrease size with practice.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- stress step forward onto opposite foot.
- use beanbags, vary the distance between students and pins.
- use the non-dominant arm.

88

Movement skill focus **ROLLING**

Name **BOWLING TAG**

Other skills involved Running

Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Balls, pins.

Description

Students, in partners, carry either a ball or pin. When music starts the student with the ball runs after the student with the pin. Both students stop when the music stops. The pin is placed on the ground and the ball is rolled toward the pin.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- use larger balls then decrease size with practice.
- stress step forward onto opposite foot, use non-dominant arm.
- vary the transport skill, i.e., hopping, galloping.

89

Movement skill focus **ROLLING**

Name **GUARD THE PIN**

Other skills involved

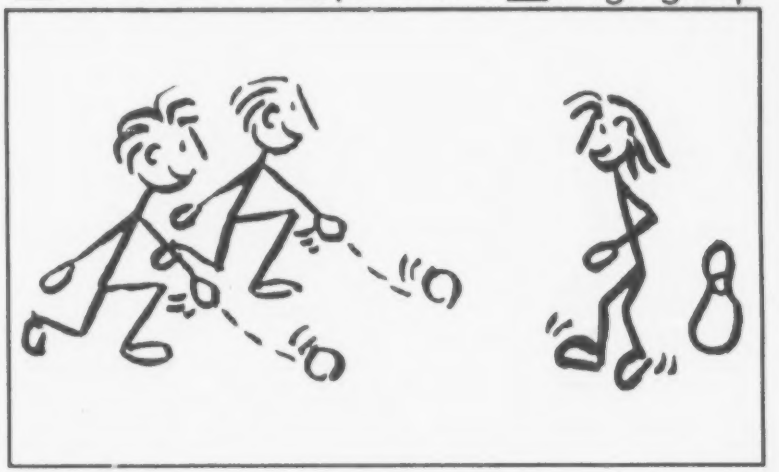
Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: 1-4

Equipment Balls, pin.

Description

One student guards a pin from two other players who roll a ball as they attempt to knock the pin over.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- vary the size of the "crease" to increase/decrease difficulty.
- add more offensive students, pins, balls.

90

Movement skill focus **ROLLING**

Name **BOWL YOU OVER**

Other skills involved Running

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Balls.

Description

Two students with foam balls are "it". On signal, the other students attempt to run from one end of the gym to the other without getting hit by the ball. The ball is rolled at the student's feet. When hit the student becomes "it".

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- provide safe areas to run, not towards walls, equipment.
- vary the transport skill, i.e., skipping, galloping.

Movement skill focus **ROLLING**

Name **ROLLING GOLF**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: 2-4

Equipment Balls, containers, i.e., buckets, cans.

Description

Similiar to miniature golf, stations are set up with different sized containers and balls. Students take turns attempting to roll balls from the "tee" into the hole on the "green." Students in small groups rotate from one hole to another after a designated time.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group

Teaching hints/Variations

- stress step forward with opposite foot.
- vary distance from the tee to the green.
- use beanbags, non-dominant arm.

92

Movement skill focus **ROLLING**

Name **BOMBARDMENT**

Other skills involved

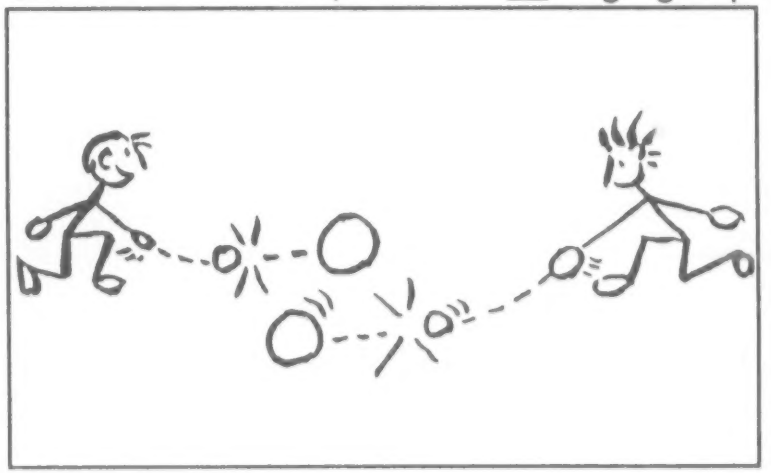
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Balls.

Description

Students divided into two teams opposite each other with a neutral zone in the middle. In the centre place two large balls. Students roll small balls towards the larger balls to push them into their opponents zone.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- stress step forward onto opposite foot.
- roll must be done from within the teams' zone.
- add more zones and teams, use non-dominant arm to roll balls.

93

Movement skill focus **ROLLING**

Name **PINBALL**

Other skills involved Running

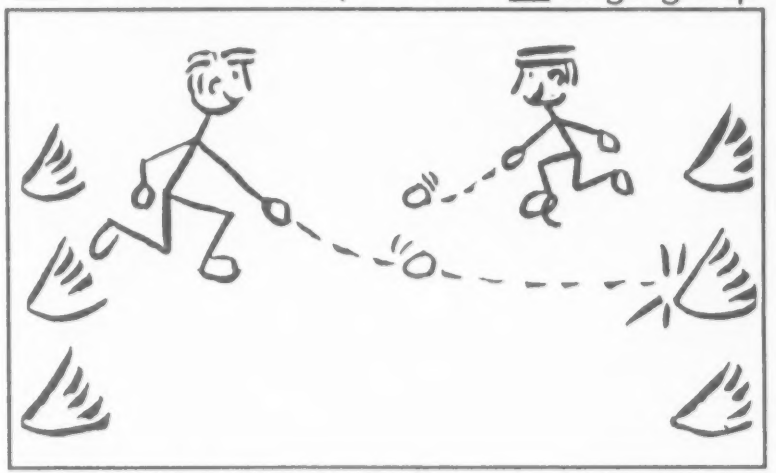
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Balls, pins.

Description

Students, in two teams, scattered in their zone, roll balls over centre line in order to knock the opponents' pins over. Students do not cross over the centre line.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

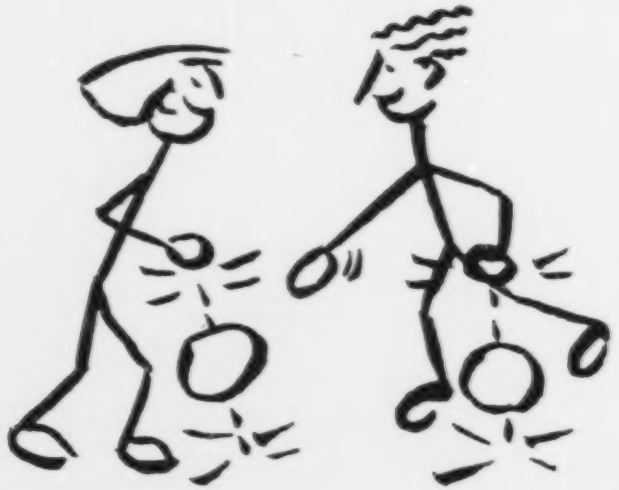
- vary the distance of pins from the centre line.
- vary the size of balls, increase numbers of pins.
- decrease the playing area and players to play mini games.

94

BALL BOUNCING

Key Points and Teaching Hints

- Slapping action fo the hand - Encourage students to push the ball more like a pumping action.
- No rhythm or control - Stress pushing the ball with the same force and bounce to music.
- Straight arm - Emphasize arm must be bent at the elbow.
- Ball hitting feet - Stress pushing ball slightly ahead of feet.



SUMMARY CHART — **BOUNCING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) BOUNCING TRICKS 1							*								X								X	97
2) BOUNCING TRICKS 2							*								X								X	98
3) SWITCH BOUNCE	S						*								X								X	99
4) FILE DRIBBLING	S						*								X	X		X				X		100
5) SIMON SAYS							*										X						X	101
6) HERE, THERE EVERYWHERE	S						*										X	X					X	102
7) PATTERN BOUNCE							*								X			X		X			X	103
8) RED LIGHT, GREEN LIGHT	S						*										X	X					X	104
9) PIRATES							*										X	X					X	105
10) BOUNCE TAG	S						*										X	X				X	X	106
11) FLAG BASKETBALL	S						*										X	X					X	107
12) CONTROL YOUR BOUNCE							*								X		X				X			108

Movement skill focus **BOUNCING**

Name **BOUNCING TRICKS 1**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-3

Equipment Variety of balls.

Description

Students **sitting in a straddle position** on the gym floor attempt the following: 1) Bounce and catch the ball in between their legs. 2) Bounce and catch the ball outside the right/left leg. 3) Bounce and catch the ball in rhythm, outside/inside outside/inside, etc. 4) Continuously bounce in between legs and alternate hands.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use music/percussion instruments for the beat of the bouncing ball.
- have the students focus on one spot to bounce the ball.

97

Movement skill focus **BOUNCING**

Name **BOUNCING TRICKS 2**

Other skills involved

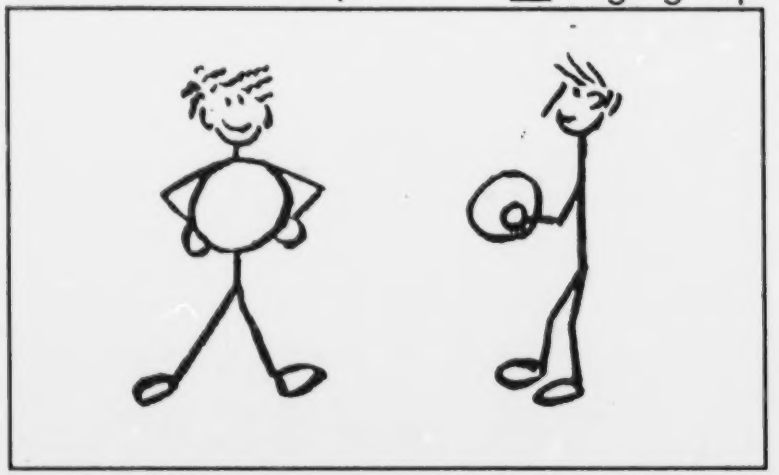
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-3

Equipment Variety of balls.

Description

Students **stand** and attempt the following: 1) Bounce the ball, clap hands and catch. Increase the number of times they clap their hands. 2) Bounce the ball and slap the knees and catch. 3) Vary the amount of force at different levels when bouncing the ball. 4) Bounce, touch the floor, catch. 5) Bounce, turn around, catch. 6) Travel and bounce the ball.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use music/ percussion to give a beat for the bouncing ball.

Movement skill focus **BOUNCING**

Name **SWITCH BOUNCE**

Other skills involved Running

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 2-4

Equipment Variety of balls.

Description

The students are scattered in the gym bouncing a ball. Ask them to move freely with a defined space while the music plays. When the music stops, they are to switch hands and bounce their ball without moving. When the music restarts they may move freely again.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- stress eyes up, relaxed cupped hand with control bounce.
- vary the height of the bounce, place stationary objects on the floor for students to move around (pylons or hoops).

Movement skill focus **BOUNCING**

Name **FILE DRIBBLING**

Other skills involved Running

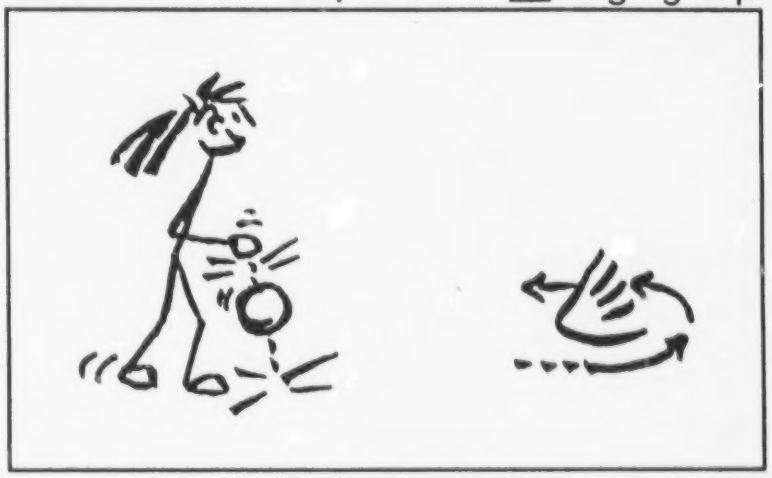
Type of activity ☒warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Balls and cones.

Description

Students bounce balls moving toward and around an obstacle and back to the line where the next student repeats the activity. Bounce the ball with one hand and alternate on the way back to the group.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- while students are in line they can perform a skill or task.
- vary the ball used; add more cones to go around.

100

Movement skill focus **BOUNCING**

Name **SIMON SAYS**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Balls and hoops.

Description

Students bounce their ball while playing a game of Simon Says. The teacher gives various commands; if a command is given without saying Simon Says, the students are to hold their ball. Those who do bounce their ball must go to a designated area to practice their bouncing until the next game begins.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- start new games frequently.
- let a student play the role of Simon.

Movement skill focus **BOUNCING**

Name **HERE, THERE, EVERYWHERE**

Other skills involved Running

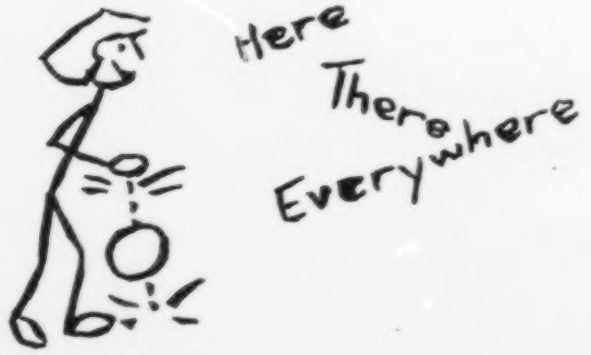
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Balls.

Description

Students scattered around the gym are bouncing a ball. When the teacher calls out "Here," students bounce their ball and move close to the teacher. "There," the students bounce towards a line designated by the teacher, and "Everywhere," the students move freely in the gym bouncing their balls.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- heads up while bouncing, relaxed cupped hand.
- have the students perform a skill/exercise for being the last to the area.

102

Movement skill focus **BOUNCING**

Name **PATTERN BOUNCE**

Other skills involved

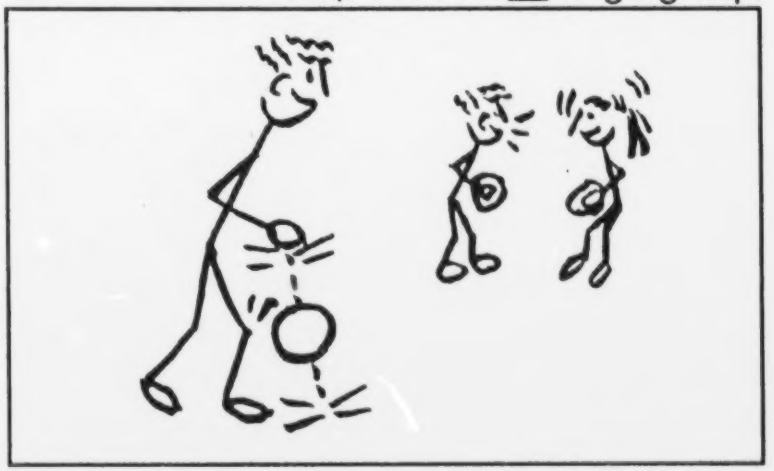
Type of activity ☒warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 1-4

Equipment Balls.

Description

Students create their own bouncing patterns (bounce twice left, twice right repeating). Once they have their own pattern, the students share and challenge others to learn their pattern.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- use the vocabulary-backward/sideways/forward so students move in various directions as well as develop patterns.

Movement skill focus **BOUNCING**

Name **RED LIGHT, GREEN LIGHT**

Other skills involved Running

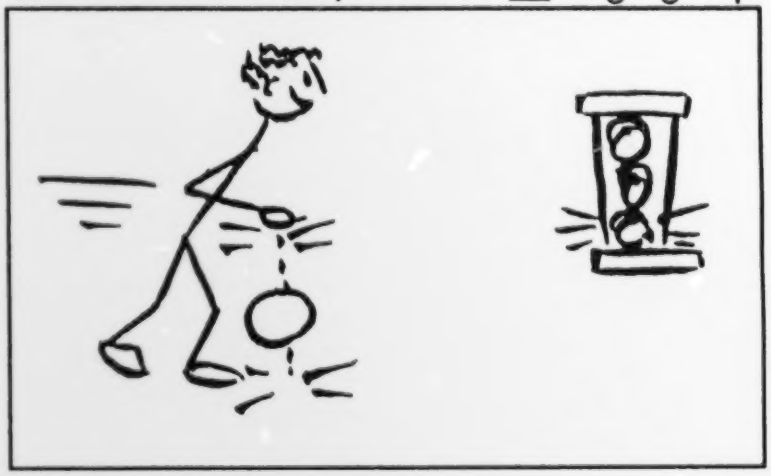
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Balls.

Description

Students stand behind a designated line in the gym. When the leaders call "Green Light," students start bouncing their balls toward the far line. When the leader calls out "Red Light" everyone must stop. When the leaders catch a student moving after the signal, the student returns to the starting line. The first student to cross the line is the new leader.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- heads up.
- have the leaders turn their backs to the large group, then face them on the signal Red Light.

104

Movement skill focus **BOUNCING**

Name **PIRATES**

Other skills involved

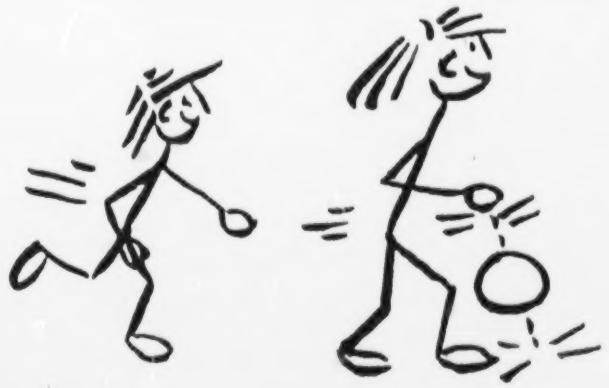
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Balls.

Description

All but two or three students have a ball to bounce. On go, those without a ball try to take another student's ball. If they succeed, there will be new Pirates and the game continues. Students are caught if they hold or lose control of their ball.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- heads up, relaxed cupped hands.
- try the game using a soccer dribble.

105

Movement skill focus **BOUNCING**

Name **BOUNCE TAG**

Other skills involved Running

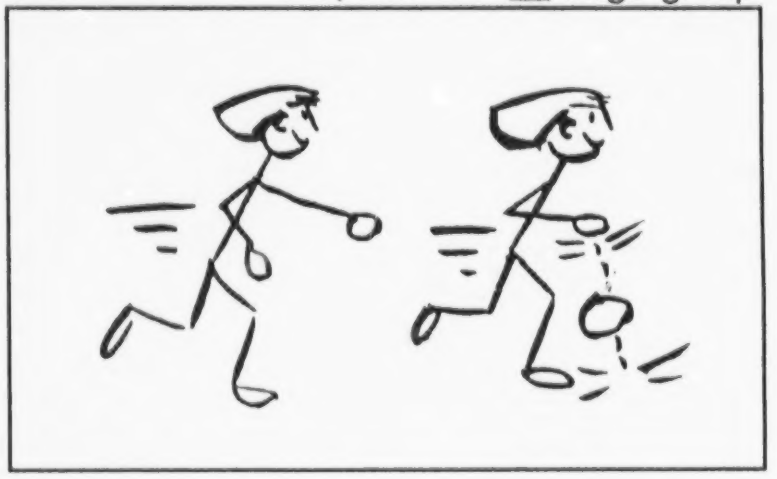
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Balls, designate areas by using cones or lines.

Description

Students in groups of four to six inside a designated area are bouncing their balls. On the signal, one student attempts to tag the other students in their group. All students must continue bouncing. If a student is tagged, they become the chaser for the next round.

Diagram/Formation ☒small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use a different coloured ball for the chaser, heads up.
- use the entire class in a large area with more than one chaser.

106

Movement skill focus **BOUNCING**

Name **FLAG BASKETBALL**

Other skills involved Running

Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment One ball and One flag per student.

Description

Students tuck a flag into their waistband and on signal begin to bounce their balls. Students try to pull the tails from the other students. Students losing their flag perform a specified task before returning to the activity. If students lose control of their balls, they perform the task as well.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use old pieces of cloth for tails.
- vary ball size, stress keeping ball below the waist for control.

Movement skill focus **BOUNCING**

Name **CONTROL YOUR BOUNCE**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Balls.

Description

Partners bounce their balls within a designated area and try to steal the other partner's ball while still controlling their own. Once balls are stolen or students lose control of them, they must perform a designated skill or task.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- play the game with more than one partner.
- stress a relaxed cupped hand.

CATCHING

Key Points and Teaching Hints

- Poor tracking - Emphasize keeping the eyes on the ball.
- Scooping arm action, arms scoop or trap the ball against the body to catch it - Stress catching the ball with the hands only.
- Arms are stiff - Encourage bending arms to give with the ball.

SUMMARY CHART — **CATCHING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) NAME GAME								*	S						X							X		111
2) BEANBAG CHALLENGE								*	S						X					X				112
3) PARTNER PASS								*	S	S					X						X			113
4) STAR BALL								*	S	S					X							X		114
5) SUSPENDED BALL CATCH								*							X					X	X			115
6) CATCHING OBSTACLE COURSE						S		*	S	S						X						X	X	116
7) CRYSTAL BALL								*	S						X						X			117
8) WALL BALL	S							*	S								X	X			X			118
9) TOSS'N DUCK								*	S								X					X		119
10) MOON SHOT								*	S								X					X		120
11) BENCHBALL								*	S	S							X						X	121
12) PRISON DODGEBALL	S							*		S							X						X	122

Movement skill focus **CATCHING**

Name **NAME GAME**

Other skills involved Underhand throw.

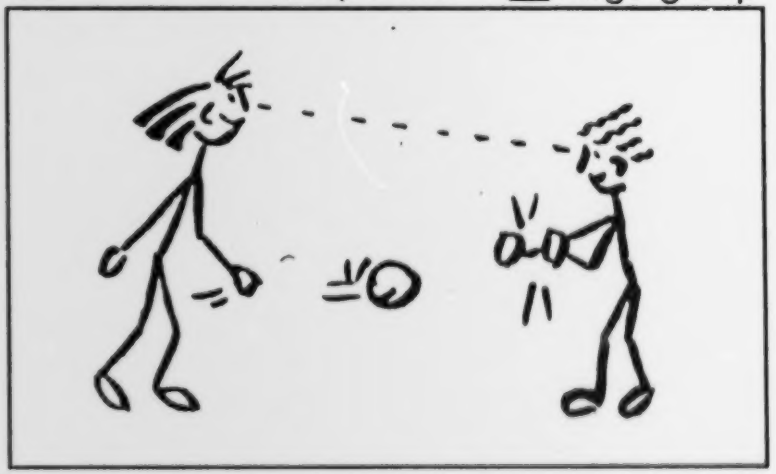
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 1-3

Equipment Eight inch playground/utility balls.

Description

The student with the ball calls out another student's name, makes eye contact, then throws the ball underhand. Start this skill in pairs, then threes, then larger groups.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- stress making eye contact.
- add a second or third ball to groups of eight or more.

Movement skill focus **CATCHING**

Name **BEANBAG CHALLENGE**

Other skills involved Underhand throw

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment Beanbags.

Description

Ask students to perform the following tasks: 1) toss beanbag, clap hands, catch 2) toss, clap hands, touch shoulders, knees, catch. 3) toss,1/4 or 1/2 turn, catch. 4) toss, sit down, catch. 5) toss above head, catch on head. 6) catch the beanbag at various heights. 7) place beanbag on foot, swing foot up, catch. 8) find new ways to toss and catch.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- stress keeping eyes on beanbag.
- vary throwing equipment: beachballs, rings, scarves, etc.

112

Movement skill focus **CATCHING**

Name **PARTNER PASS**

Other skills involved Overhand/underhand throw

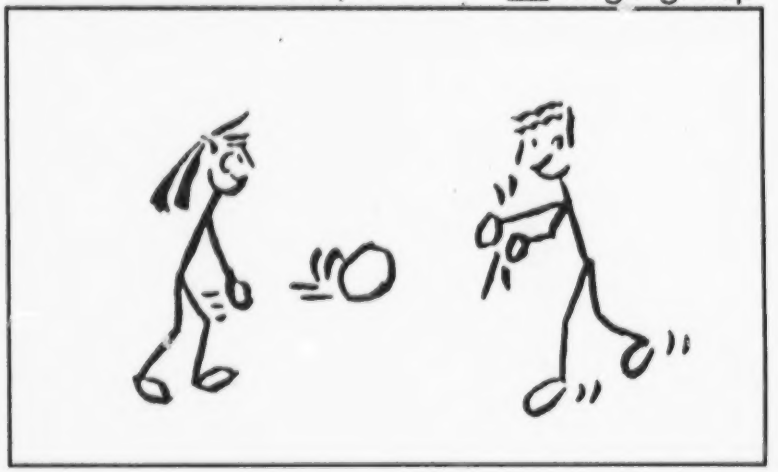
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 3-4

Equipment Balls.

Description

Place three to four pairs of students inside a grid ten m square. Each pair has a ball. The objective is to pass the ball to the partner. After the pass the student may move. Only the receiver can move.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- allow the students to choose the type of ball.
- vary the type of throw/pass.

Movement skill focus **CATCHING** Name **STAR BALL**

Other skills involved Overhand/underhand throw

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 3-4

Equipment Balls.

Description

Students are in a circle formation. One student has the ball and throws the ball to a student two spots over to the right. The ball continues until everyone passes the ball. Repeat the pattern. Use an odd number of students in each group.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group

Teaching hints/Variations

- allow students to choose the type of ball used.
- reverse the direction, add an extra ball, vary the throw.

114

Movement skill focus **CATCHING**

Name **SUSPENDED BALL CATCH**

Other skills involved

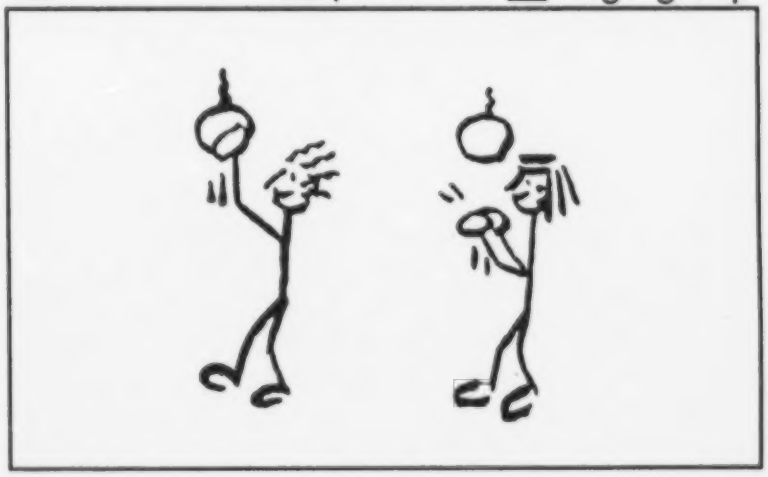
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment Rope or net strung across with whiffle balls attached.

Description

Ask the students to perform the following tasks: 1) push and catch the suspended ball. 2) push, clap hands, catch. 3) push ball, sit down, stand up, catch. 4) push, turn around, catch.

Diagram/Formation ☐small group ☒individual ☒partner ☐large group



Teaching hints/Variations

- in pairs, with one student standing on either side of the ball, follow the same tasks listed above.

115

Movement skill focus **CATCHING**

Name **CATCHING OBSTACLE COURSE**

Other skills involved Rolling, under/over throw

Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Beanbags, frisbees, scoops, balls, tressles, mats, hoops.

Description

The students practise the tasks at each station. 1) Throw the ball in the air, catch. 2) Throw the ball against the wall, catch. 3) Bounce the ball, catch. 4) In partners throw the ball through hoops on tressles and catch. 5) In partners, roll a ball under the tunnel of mats and catch. 6) Throw a ball with a scoop. 7) Catch beanbags in inverted frisbees.

Diagram/Formation ☒small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- demonstrate each station and proper catching technique.

Movement skill focus **CATCHING**

Name **CRYSTAL BALL**

Other skills involved Underhand throw

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Beanbags or various types of balls.

Description

Partners stand facing each other toe to toe. They take turns tossing the bag or ball to each other. If the catch is successful, the partners take a step backward. Keep throwing and catching and stepping backward until one of the students does not catch the ball. When this happens they start over again, toe to toe.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- stress a cooperative or a sympathetic throw.
- challenge the students to see how far apart they can get, or how many in a row can they make.

117

Movement skill focus **CATCHING**

Name **WALL BALL**

Other skills involved Running, underhand throw

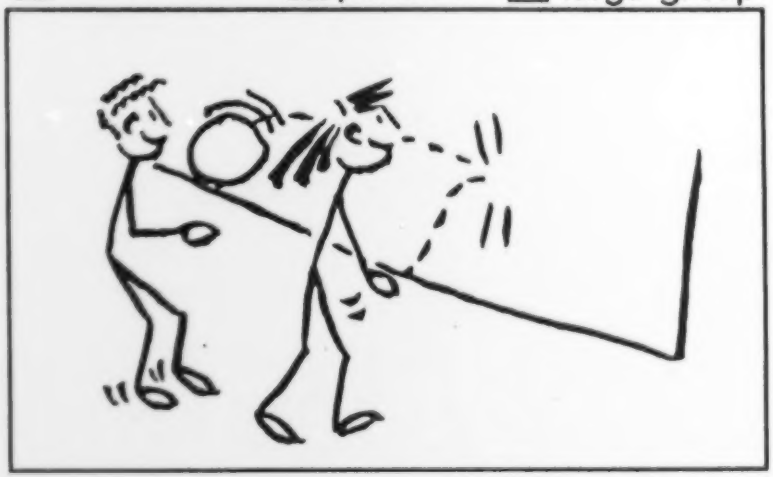
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Balls.

Description

One partner throws the ball underhand against the wall while the other partner catches it before it bounces. Each time the students catch the ball the team gets two points. If the ball is caught after one bounce they score one point. Play to ten points and find a new partner.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- stress a cooperative or sympathetic throw to partner.
- vary the size of balls and the distance from the wall.
- try the game without keeping score.

Movement skill focus **CATCHING**

Name **TOSS'N DUCK**

Other skills involved Underhand throw

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment Beanbags.

Description

Students are in groups of five, single file (relay formation). The first student tosses the beanbag to each player. After the beanbag is tossed back to the student in front, the student ducks so the student behind may catch the next throw. Each student gets a chance to be in the lead. The first team finished wins.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group

Teaching hints/Variations

- emphasize the two hand catch.
- vary the equipment being thrown: beachballs, scarves, etc.

Movement skill focus **CATCHING**

Name **MOON SHOT**

Other skills involved Underhand throw

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-3

Equipment Balls, hoops.

Description

Pick a student to be a moonwalker (inside hoop). The other students are astronauts. Each group begins the game with one astronaut holding a ball. The astronauts toss the ball to the moonwalker. The moonwalker must catch the ball to stay on the moon. Once dropped, the moonwalker is replaced.

Diagram/Formation ☒small group ☐ individual ☐partner ☐ large group

Teaching hints/Variations

- ensure that all students have an opportunity to be a moonwalker, vary the type of toss, e.g., bounce.
- vary the distance the astronauts stand from the moon.

120

Movement skill focus **CATCHING**

Name **BENCHBALL**

Other skills involved Throwing

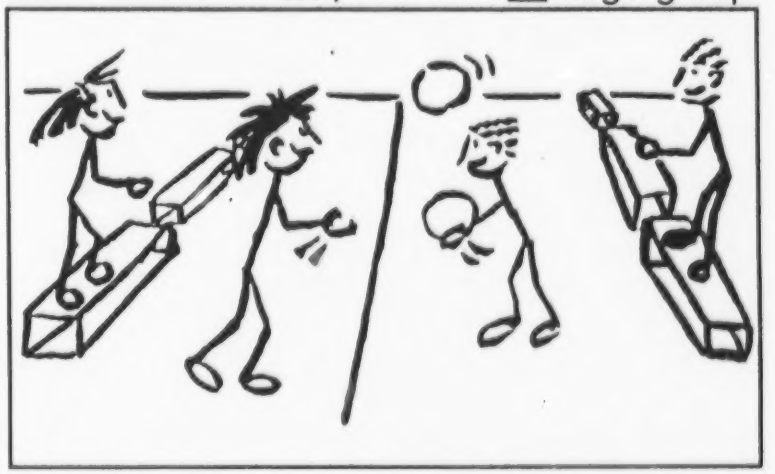
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Benches, nerf balls.

Description

Divide the class into two teams. One student from each team stands on the opposite bench. Students cannot cross over the centre line. Students throw a ball across the gym to their catcher on the bench. When the ball is caught, the thrower joins their teammate on the bench. First team with all students on the bench wins.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- lower grades use a mat instead of a bench.
- try allowing students to move freely anywhere, without a centre line.

Movement skill focus **CATCHING**

Name **PRISON DODGEBALL**

Other skills involved Running, overhand throwing

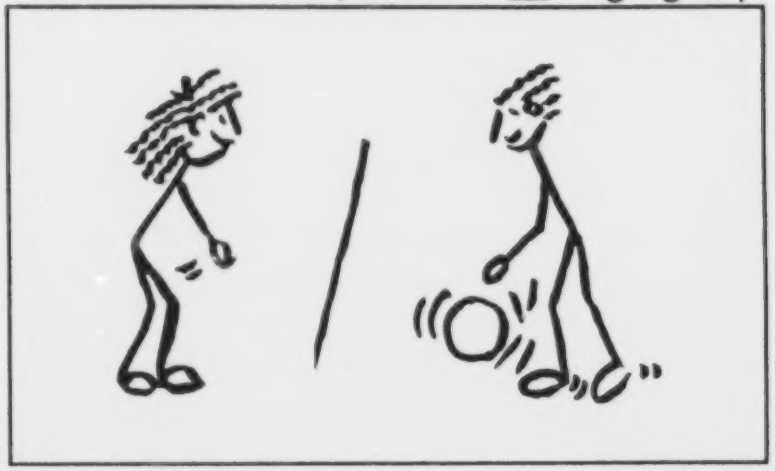
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Sponge balls.

Description

Divide the class into two teams. Students throw and try to hit students on the other team on the legs. When hit the student runs across the centre line and stands behind the prison line. To return to their teams side, the prisoner must catch a ball thrown by a mamber of their team. A team wins once all of the opposition is in prison. Younger students may return after catching a rolling ball, while older students must catch a direct pass; no bounce.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- emphasize foot opposition and weight transfer for longer throws.

UNDERHAND THROWING

Key Points and Teaching Hints

- No forward step or same foot as throwing arm steps forward - Stress opposite foot forward to throwing arm.
- No or little backswing - Emphasize a full backswing and follow through.
- No or little weight transfer - Encourage a shift of weight from back to front (rocking motion).
- Releasing the ball too early/late - Point out the ball should be released in front of the body.

SUMMARY CHART — **UNDERHAND THROWING**

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT					MANIPULATION							BALANCE		ACTIVITY TYPE					FORMATION				PAGE
	Running	Jumping	Hopping	Galloping	Skipping	Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	Static Balance	Dynamic Balance	Skill	Station	Game	Warm-up	Rhythmic	Individual	Partner	Small Group	Large Group	
1) NAIL THE TARGET									*						X	X	X			X			X	125
2) BEANBAG CURLING									*						X		X						X	126
3) LILY PAD									*						X		X			X			X	127
4) BEANBAG HORSESHOES									*							X	X				X	X		128
5) BEAT THE BALL								S	*						X	X				X			X	129
6) UNDERHAND MANIA									*						X	X						X		130
7) TEAM THROW	S								*						X						X	X		131
8) HOOP BOUNCE								S	*						X		X				X			132
9) K.O.									*						X		X					X		133
10) TADPOLE RELAY	S							S	*						X		X						X	134
11) COOPERATIVE JUGGLING								S	*						X		X					X		135
12) JUNK YARD									*	S							X						X	136

Movement skill focus **UNDERHAND THROW** Name **NAIL THE TARGET**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: K-4

Equipment Beanbags.

Description

Students pick a line or shape on the gym floor and attempt to slide their beanbag using an underhand throw technique towards the target. Start with a large target, then progress to smaller targets with proficiency.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- start with a short distance.
- stress stepping with the opposite foot.

125

Movement skill focus **UNDERHAND THROW** Name **BEANBAG CURLING**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment Beanbags.

Description

All students stand on a gym boundary line holding a beanbag. The goal of the activity is for the student to throw their beanbag as close to a centre circle as possible. Start close to the circle to start then move back. Make certain the opposite foot is placed forward.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use a different mode of transport to retrieve the beanbag.
- use the non-dominant arm to throw.

Movement skill focus **UNDERHAND THROW** Name **LILY PAD**

Other skills involved

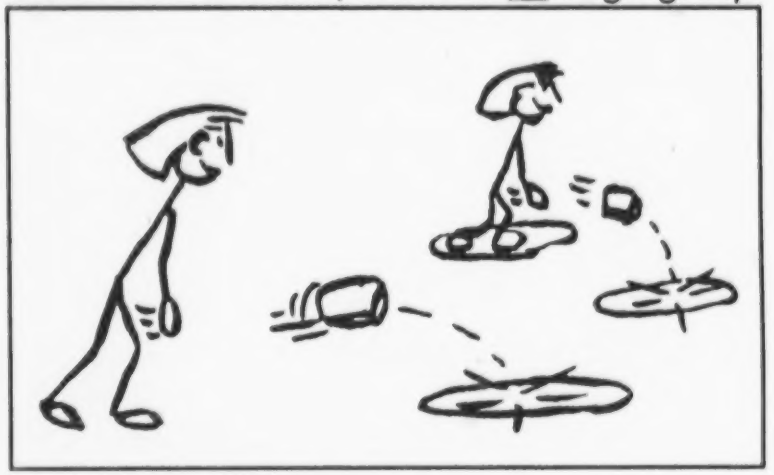
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Hoops, beanbags.

Description

Scatter hoops across the gym floor (lily pads). The students (frogs) all have a beanbag and try to move across the gym going from one lily pad to another by underhand throwing their beanbag into the hoop. If successful the student may move to the lily pad and throw again to another lily pad.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- step with opposite foot, start with many hoops, then decrease with proficiency, use different modes of transport to go to pads.
- try it as a team activity or relay.

Movement skill focus **UNDERHAND THROW** Name **BEANBAG HORSESHOES**

Other skills involved

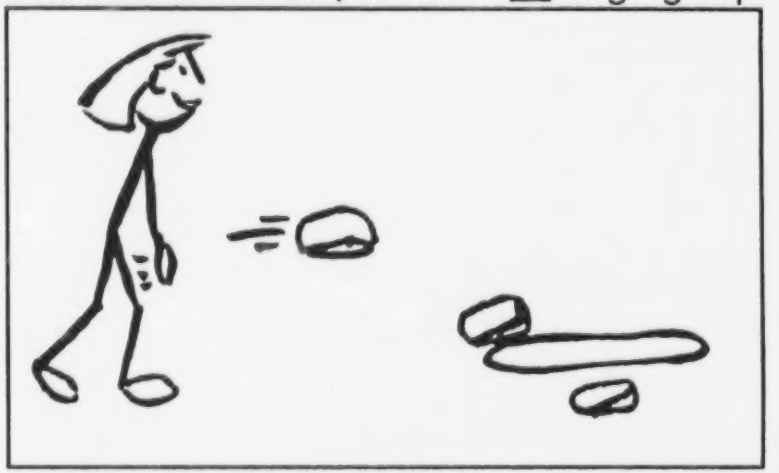
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Beanbags, hoops.

Description

Groups of partners play a game of horseshoe using beanbags. The beanbags are thrown underhand and students try to land as close to the hoop as possible. Points given for the closest to the hoop, extra points if the beanbag lands and stays in the hoop.

Diagram/Formation ☒small group ☐ individual ☒partner ☐ large group



Teaching hints/Variations

- increase the distance between hoops for greater difficulty.
- vary the size of hoops.
- stress stepping onto opposite foot, follow through with toss.

128

Movement skill focus **UNDERHAND THROW** Name **BEAT THE BALL**

Other skills involved Catching

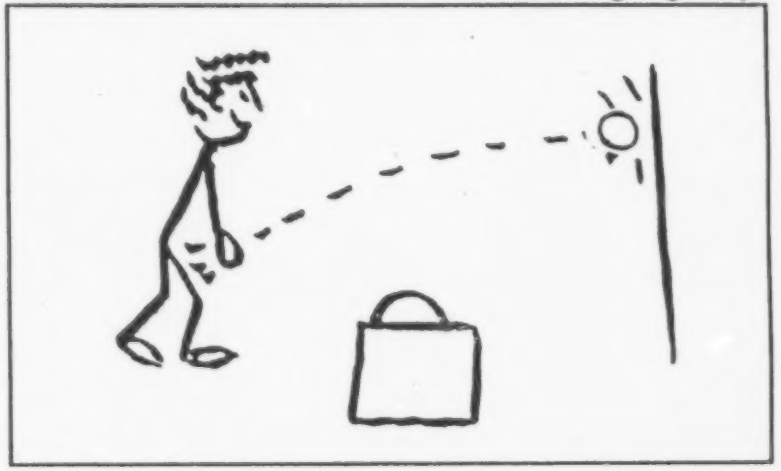
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Balls, containers.

Description

Students take balls from containers. The ball is thrown underhand against the wall and the student tries to catch the ball before it touches the floor. After a number of successful tries, the students go to another container.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- use many different sized balls and containers.

Movement skill focus **UNDERHAND THROW** Name **UNDERHAND MANIA**

Other skills involved

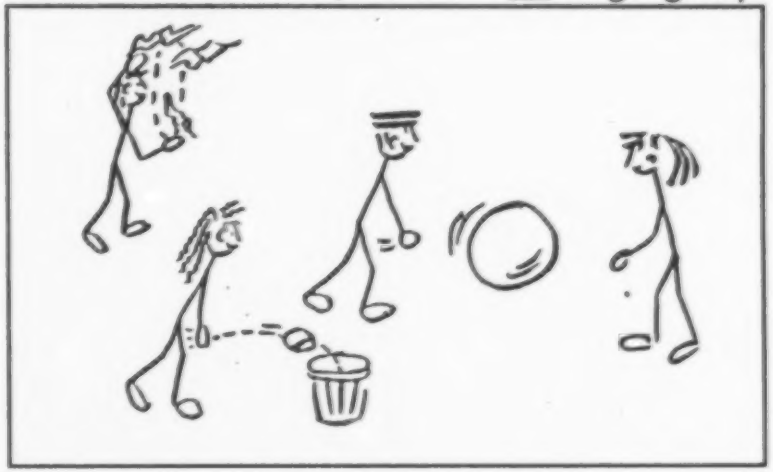
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: 3-4

Equipment Assorted objects to throw, targets.

Description

Stations are set up around the gym with different sized objects used to practice underhand throwing. Use targets to challenge students accuracy, set tasks and a time limit for each station.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- stress stepping onto opposite foot and follow through.
- vary balls, size of targets.
- let students make up their own underhand throw stations.

130

Movement skill focus **UNDERHAND THROW** Name **TEAM THROW**

Other skills involved Running

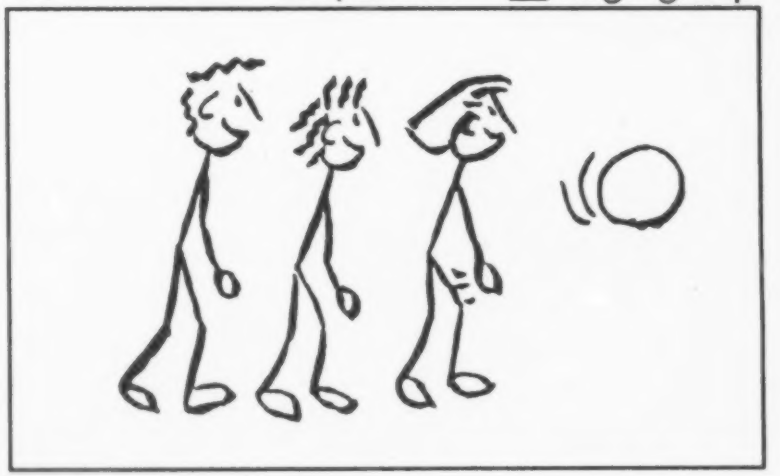
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-3

Equipment Small balls.

Description

Students in groups of three or four are in a single file. On the signal, each team member will throw underhand as far as they can. The first thrower will throw, pick-up ball and return to second thrower and so on. Let the students choose the type of ball they will use.

Diagram/Formation ☒small group ☐ individual ☒partner ☐ large group



Teaching hints/Variations

- stress step onto opposite foot, backswing of arm and follow through.
- use another skill: kicking, overhand throw, etc.

131

Movement skill focus **UNDERHAND THROW** Name **HOOP BOUNCE**

Other skills involved Catching

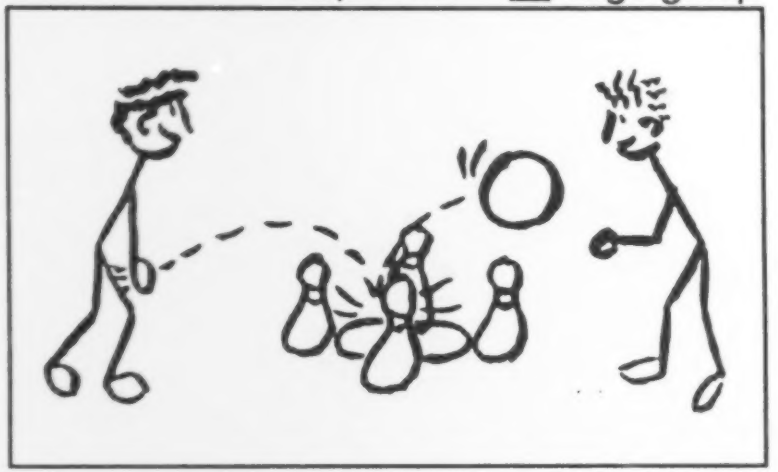
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Hoops, pins, balls.

Description

Students in pairs, underhand throw a ball, bouncing it inside their hoop trying not to knock over any of their pins. Start close to the hoop then increase distance.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- step onto opposite foot; follow through.
- after each successful throw have the students take a step back.
- vary the type of ball used.

132

Movement skill focus **UNDERHAND THROW** Name **K.O.**

Other skills involved

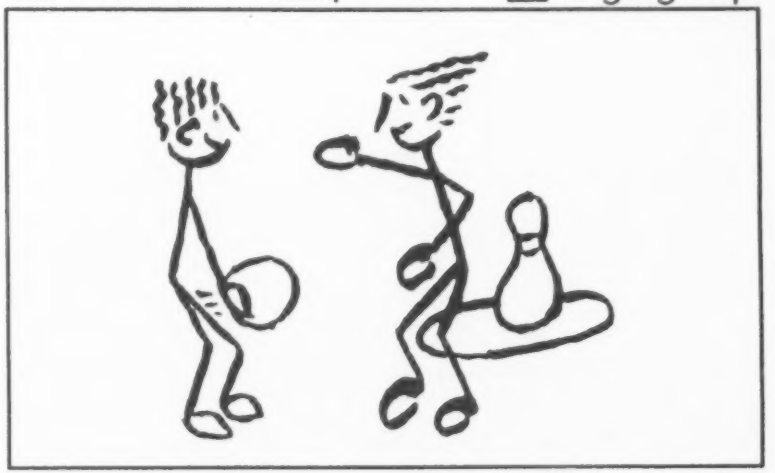
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Hoops, pins, balls.

Description

A small group of students on an outside boundary circle attempt to underhand throw a ball and knock a pin over that is guarded by another student. When the pin is knocked over, students switch places.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- add more balls to make the game more difficult for the guard.
- increase/decrease the number of throwers with skill level.

Movement skill focus **UNDERHAND THROW** Name **TADPOLE RELAY**

Other skills involved Catching, running

Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Balls.

Description

Class is divided into two teams, a running team and a passing team. The passing team attempts to underhand throw as many times as possible around their circle before the running team finishes running one at a time around the circle.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- stress step onto opposite foot, stress the accuracy of the pass.
- add more balls to the passing circle.
- change the mode of transport used to go around the circle.

134

Movement skill focus **UNDERHAND THROW** Name **COOPERATIVE JUGGLING**

Other skills involved Catching

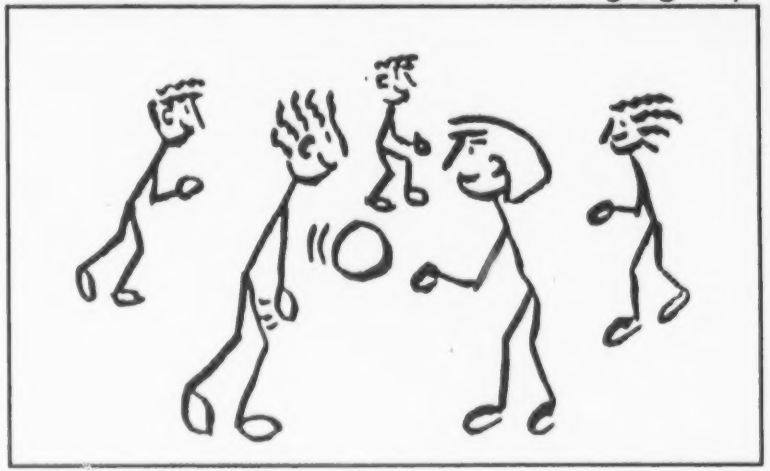
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Balls, beanbags.

Description

In their groups students create a pattern of movement using the underhand throw. The goal is to add other balls into the pattern of movement. See how many balls/beanbags the groups can juggle.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- throw should be done for accuracy not speed.
- use overhand throw, kicking, and striking skills.

Movement skill focus **UNDERHAND THROW** Name **JUNK YARD**

Other skills involved Overhand throw

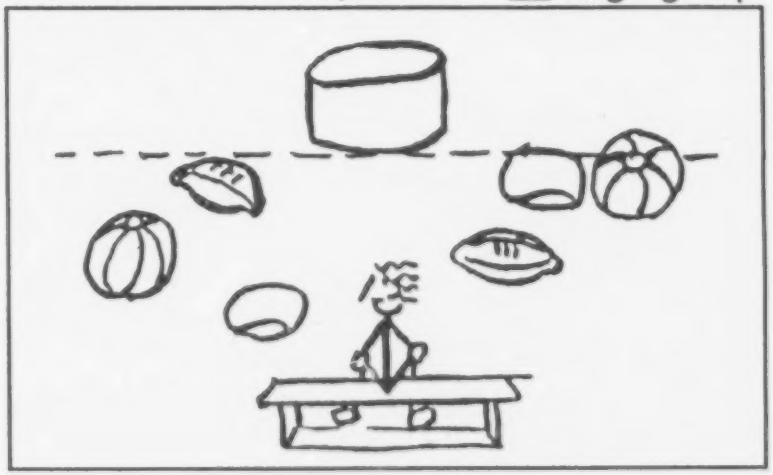
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-3

Equipment Beachballs, balloons, nerf balls, etc.

Description

Divide the class into two teams or groups. Scatter an equal number of objects on the floor on each team's side. On signal, all team members pick up one ball and throw it in the basket from behind a designated line. Once a ball is thrown in, the student sits down on the bench. The first team to get all members on the bench wins.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use soft balls to throw, try overhand throw.
- as a cooperative game, time how many seconds it takes as a class to put objects into the basket.

OVERHAND THROWING

Key Points and Teaching Hints

- No preparatory backswing - Emphasize shoulder rotation in wind-up.
- No weight transfer - Focus on shifting weight back to front.
- Stepping forward with the same side foot as throwing arm - Step with the opposite foot
- No rotation of body - Body rotates through hip, shoulder, arm.

SUMMARY CHART — **TRANSPORT** — **MANIPULATION** — **BALANCE** — **ACTIVITY TYPE** — **FORMATION**

OVERHAND THROWING

* Main Focus
(S) Other Focus

Name of Activity	Running	Jumping	Hopping	Galloping	Skipping	Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	Static Balance	Dynamic Balance	Skill	Station	Game	Warm-up	Rhythmic	Individual	Partner	Small Group	Large Group	PAGE
1) HOOPS TARGETS										*					X					X				139
2) CRAZY, CRAZY NET						S				*					X		X						X	140
3) TARGET PRACTICE									S	*						X					X	X		141
4) CONSPIRACY	S							S		*							X						X	142
5) CLEAN YOUR OWN BACKYARD								S		*							X						X	143
6) TARGET BALL										*							X						X	144
7) BEANBAG GOLF										*							X					X		145
8) PIN DODGEBALL						S		S		*							X						X	146
9) BOOMERANG	S							S		*							X	X					X	147
10) WALLEYBALL	S							S		*							X	X				X	X	148
11) CONTINUOUS LINE DODGEBALL	S							S		*							X						X	149
12) BACKWARDS BASEBALL	S							S		*	S						X						X	150

Movement skill focus **OVERHAND THROW** Name **HOOP TARGETS**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-3

Equipment Hoops, small balls.

Description

Hoops are taped around the gym and are used as targets. Students start two steps away from the targets. After ten throws, students move one step backward and continue to throw.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- vary the throwing objects, vary the distance of throw.
- try underhand throw.

139

Movement skill focus **OVERHAND THROW** Name **CRAZY, CRAZY NET**

Other skills involved Rolling

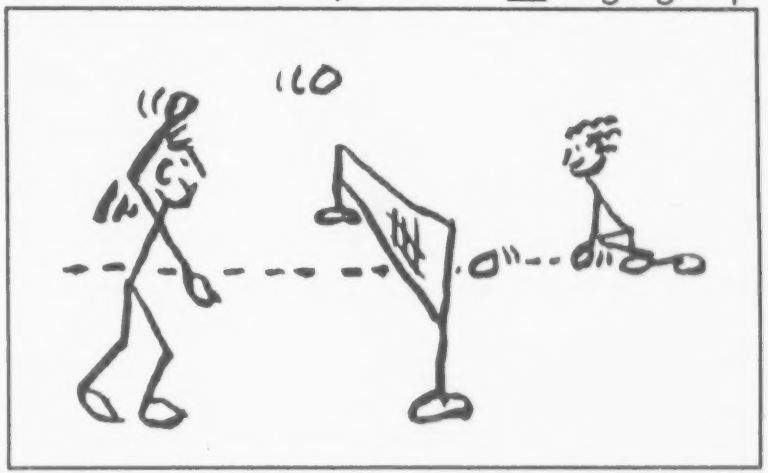
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-3

Equipment Volleyball net, balls.

Description

Divide class into two teams and students stand on either side of a net. Every student has a ball, one team should have all the same coloured balls. On the signal the students throw their balls overhand, over the net. Students roll the other teams balls under the net.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- have students throw from a designated spot according to their skill level.
- vary the height of the net, throwing distance, type of ball used.

140

Movement skill focus **OVERHAND THROW** Name **TARGET PRACTICE**

Other skills involved Underhand throw

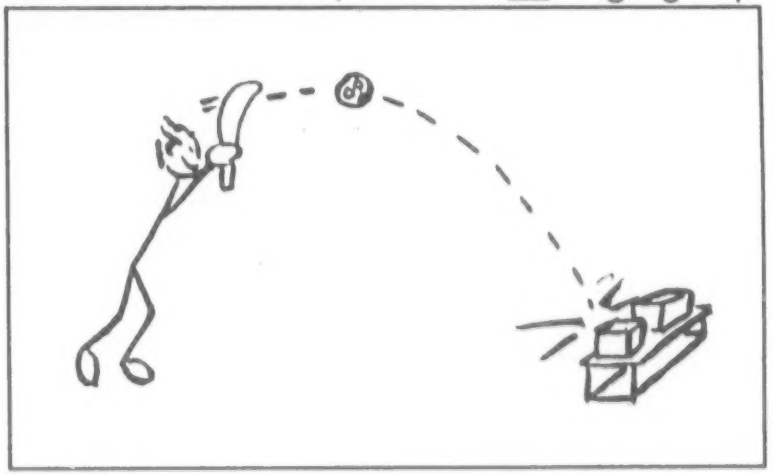
Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Variety of throwing objects, obstacles, containers.

Description

Students warm-up by demonstrating a throwing motion without using a ball. Then throw against the wall and in the air with a variety of objects. Students may now attempt the stations. Stations could include, ring toss, bowling, scoop ball, throwing to partners, hot potato, targets on the wall, throwing at objects such as blocks on benches.

Diagram/Formation ☒small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- vary the throwing distance at each station.

Movement skill focus **OVERHAND THROW** Name **CONSPIRACY**

Other skills involved Running, catching

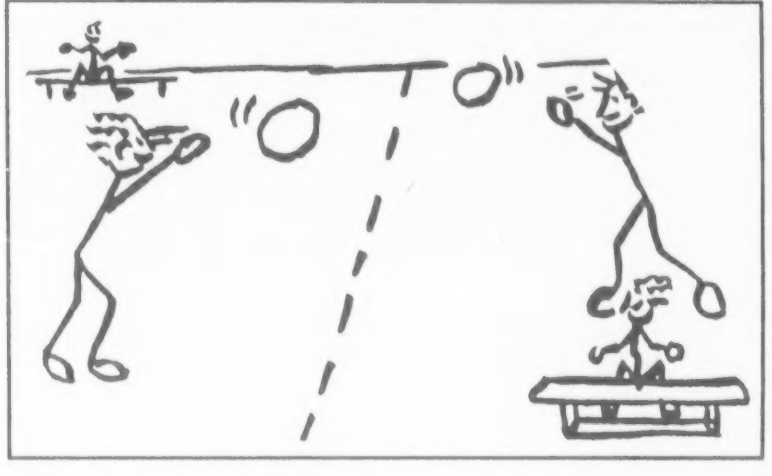
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Sponge balls.

Description

Conspiracy is a dodgeball type game. Students are scattered around the gym. Students throw a ball and attempt to hit other students. When a student is hit they go to a bench and must sit there. If the ball is caught, the thrower goes to the bench. Students can get back into the game when the student who hit them gets hit or the teacher calls "Jailbreak".

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- students cannot hold onto the ball for more than five seconds.
- students must be hit directly, no bounce.
- use two to three balls, try foam frisbees.

142

Movement skill focus **OVERHAND THROW**

Name **CLEAN YOUR OWN BACKYARD**

Other skills involved Catching

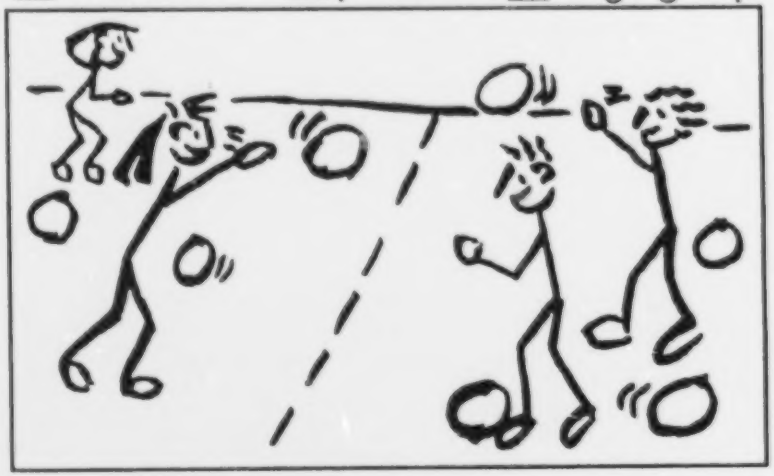
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Sponge balls, elephant/gator skin balls.

Description

Scatter twenty to thirty balls around the gym. Divide the class into two teams. Play music. Students throw balls overhand across centre line. When the music stops, students stop throwing balls and count the number of balls in their backyard.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- encourage students to attempt catching the balls.
- have students sit on the floor, play on scooters.
- use non-dominant arm.

Movement skill focus **OVERHAND THROW** Name **TARGET BALL**

Other skills involved

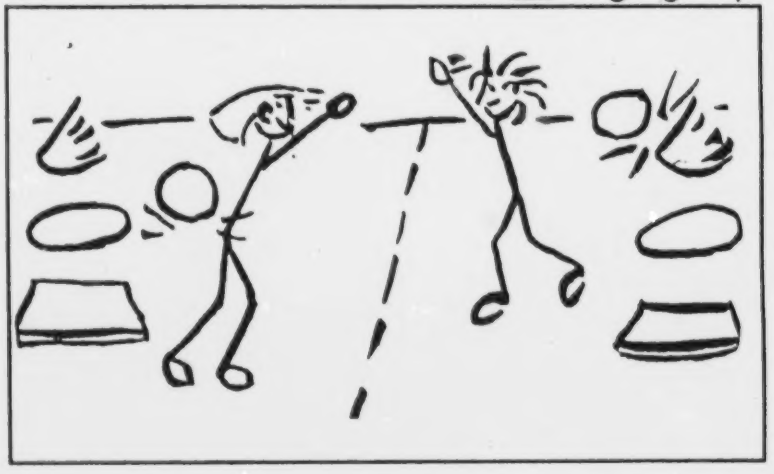
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-3

Equipment Mats, pilons, hoops, nerf balls.

Description

Students are divided into two teams and must not cross a centre line. The object is to throw balls overhand to the other side, trying to score points by hitting a cone, landing on a mat, or by landing inside a hoop.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- students must throw overhand for points to be scored.
- assign different points for the different targets.
- try the game using underhand throw, kicking skills.

144

Movement skill focus **OVERHAND THROW** Name **BEANBAG GOLF**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-3

Equipment Beanbags, six hoops (greens) six hoops (tees).

Description

Place tees in a circle about one m apart. Place greens on the walls opposite the tees, four to five m away. Students are given a number from one to six and stand by their corresponding tees. Each student has a beanbag and will throw it overhand from the tee to the green. At the signal, students take turns throwing the beanbags towards the targets. When all six have thrown, students continue with the student whose beanbag is furthest from the green. Continue until all students in the group have hit the target, then the group moves to the next tee.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group

Teaching hints/Variations

- vary the number of tees and greens.
- vary the distance between tees and greens, place obstacles on the course.

Movement skill focus **OVERHAND THROW** Name **PIN DODGEBALL**

Other skills involved Catching, rolling

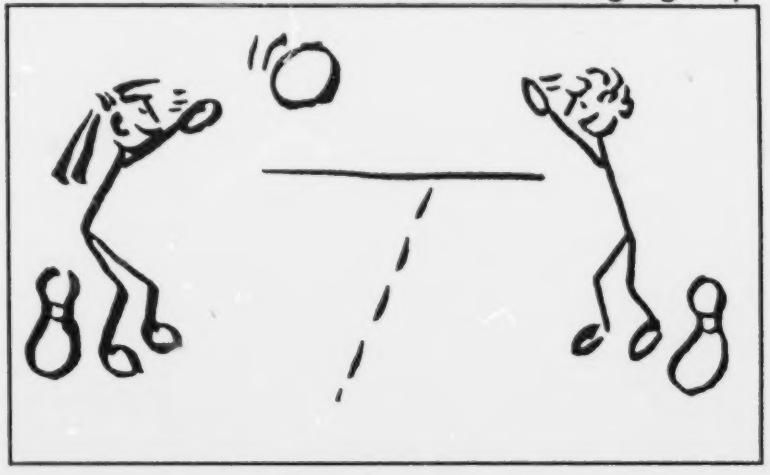
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Sponge balls, pins.

Description

The object of the game is to knock the other teams pins down or eliminate all the players on the other team. Students are eliminated if they get hit directly with a ball, no bounce. If a student catches a ball directly, they eliminate the student who threw it and two players from their team who have been eliminated may come back into the game.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- vary the distance of the pins and have a neutral zone in the middle.

Movement skill focus **OVERHAND THROW** Name **BOOMERANG**

Other skills involved Catching, running

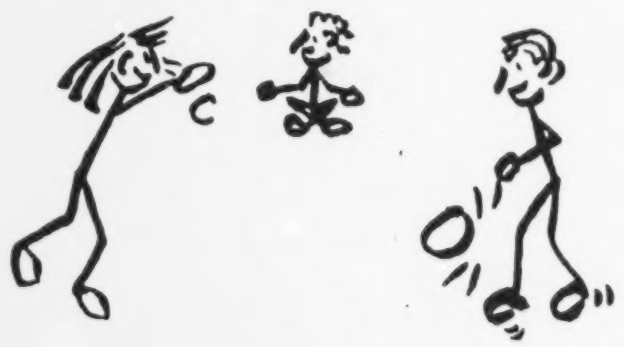
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Four sponge balls.

Description

Students throw balls and attempt to hit other students on the legs. When hit the student must sit down. If a ball rolls to them while they are seated or someone gives them a ball, the student can get up and go back in the game. Students can hold onto the ball only for three seconds. Encourage students to help others.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- students cannot take more than three steps with the ball.
- sitting player may crawl to a ball.
- stand mats up for hiding places; play in teams or partners.

147

Movement skill focus **OVERHAND THROW** Name **WALLEYBALL**

Other skills involved Catching, running

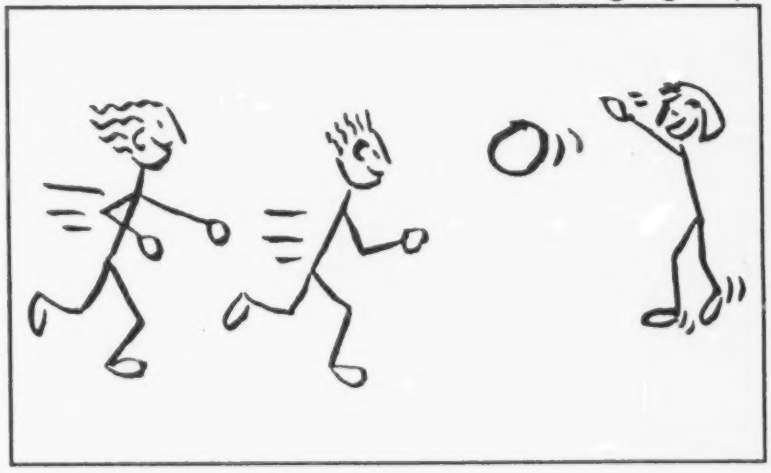
Type of activity ☒warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Four pinnies, four sponge balls.

Description

Designate four taggers. The taggers try to tag other students who do not have a ball. Students cannot be tagged if they have a ball. If tagged, the student becomes the tagger. Encourage the students to play cooperatively by passing the ball to a student who is being chased.

Diagram/Formation ☒small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- try playing the game in small groups.

Movement skill focus **OVERHAND THROW**

Name **CONTINUOUS LINE DODGEBALL**

Other skills involved Catching, running

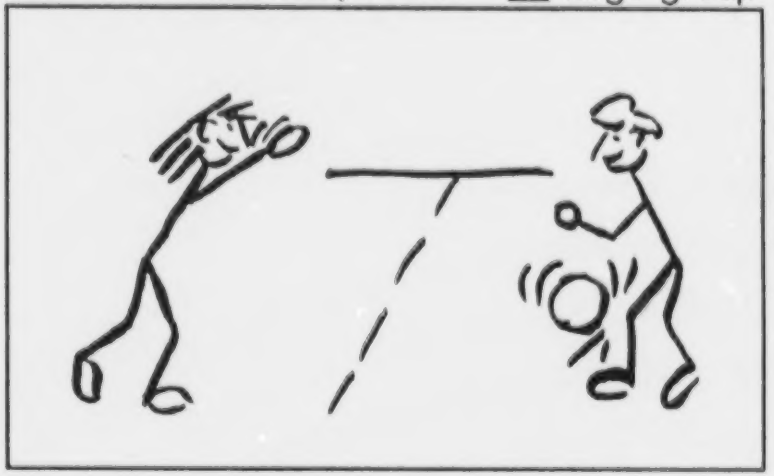
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Sponge balls, nerf balls.

Description

Two teams face each other behind their designated line. When a player is hit with a ball they join the other side. If a ball is caught, the thrower goes to the other side.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- vary the number of balls depending on the flow of the game and/or the skill level.
- play for a predetermined time or until no students are left.

149

Movement skill focus **OVERHAND THROW**

Name **BACKWARDS BASEBALL**

Other skills involved Striking,catching,running

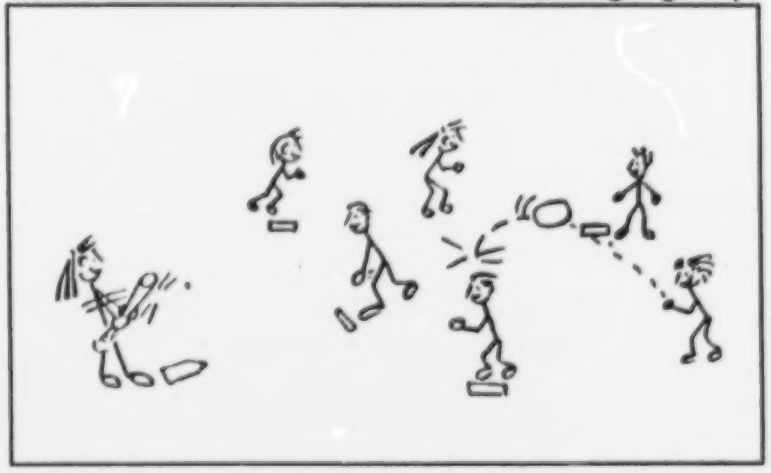
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Bases, bat, ball.

Description

Diamond is set up with a pitcher, catcher, three base players and all other students are fielders. Batter hits the ball and runs bases in normal way but may not stop on bases. Players are out in two ways: 1) a fielder catches a fly ball. 2) the ball is thrown around the bases in reverse order (3rd-2nd-1st-home). If the ball beats the runner, the runner is out.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use a tee for younger students.
- have the batting and fielding teams switch after three outs or five runs, or have all students bat before switching.

150

STRIKING

Key Points and Teaching Hint

- Vertical chopping action - Focus on a horizontal swinging pattern.
- Body facing the direction of ball - Side of body faces the direction of the ball with the head
- Arms bent and implement held too close to body - Emphasize extension of arms.
- No trunk rotation, no transfer of body weight - Stress the hips and trunk rotate with the swing, shift weight from back to front.

SUMMARY CHART

STRIKING

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT					MANIPULATION							BALANCE		ACTIVITY TYPE					FORMATION				PAGE
	Running	Jumping	Hopping	Galloping	Skipping	Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	Static Balance	Dynamic Balance	Skill	Station	Game	Warm-up	Rhythmic	Individual	Partner	Small Group	Large Group	
1) BALLOON BUST											*				X					X	X	X		153
2) LADDER CLIMB								S			*				X					X				154
3) WHIFFLE WACK											*				X					X				155
4) CAGES								S	S	S	*				X	X				X		X		156
5) PADDLE BAT											*				X					X	X			157
6) STRIKE DAY											*					X						X		158
7) SERVE TO WIN											*				X					X				159
8) RACQUET GOLF											*					X				X	X	X		160
9) STRIKE 4								S	S	S	*						X					X		161
10) TIN CAN CRICKET	S								S	S	*				X		X					X		162
11) DANISH T-BALL	S								S	S	*						X						X	163
12) 3 BALL AND YOU'RE OUT!	S							S			*						X						X	164

Movement skill focus **STRIKING**

Name **BALLOON BLAST**

Other skills involved

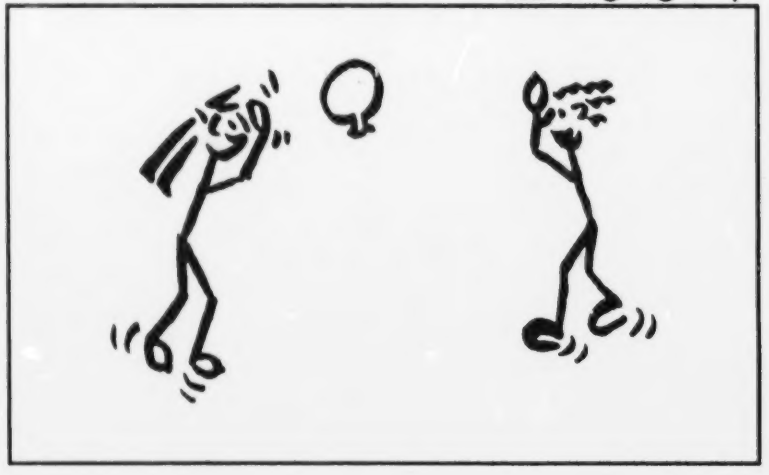
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment One balloon per student.

Description

Students keep a balloon in the air using, fingertips, palms, while travelling, and at various heights. Start at a line, with one hit see how far the balloon will go. With a partner, students keep the ballon in the air over a bench, over a badminton net or through a hoop.

Diagram/Formation ☒small group ☒individual ☒partner ☐large group



Teaching hints/Variations

- let older students inflate balloons before classes.
- try two balloons per student.
- use a racquet with balloons or a paddle ball.

Movement skill focus **STRIKING**

Name **LADDER CLIMB**

Other skills involved Catching

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Paddle bat/small ball.

Description

Students begin by dropping the ball and letting it bounce once, then hitting it against the wall and catching the ball. They progress to hitting the ball twice against the wall before catching. Increase continuous hits as as students gain proficiency. If students are unsuccessful they "fall" off the ladder and start over with one hit.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- ensure proper handshake grip with paddle bat.
- try partners.

Movement skill focus **STRIKING**

Name **WHIFFLE WACK**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 3-4

Equipment Whiffle balls, volleyball standards, ropes, racquets.

Description

Students take turns striking the whiffle balls that are suspended at various heights from a rope across the gym.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- start with balls at shoulder height, then vary the heights.
- use the jungle gym to hang more batting stations.

155

Movement skill focus **STRIKING**

Name **CAGES**

Other skills involved Throwing, catching

Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: 3-4

Equipment Batting cages (mats), tees, whiffle balls, bats.

Description

Students take turns hitting whiffle balls at four stations. 1) Off a tee. 2) Off another tee, vary the height. 3) Toss to self. 4) Partner tosses the ball to hitter.

Diagram/Formation ☒small group ☒ individual ☐partner ☐large group

Teaching hints/Variations

- while students are waiting their turn they could practise tossing and catching a beanbag to themselves.
- have designated students retrieving the balls.

156

Movement skill focus **STRIKING**

Name **PADDLE BAT**

Other skills involved

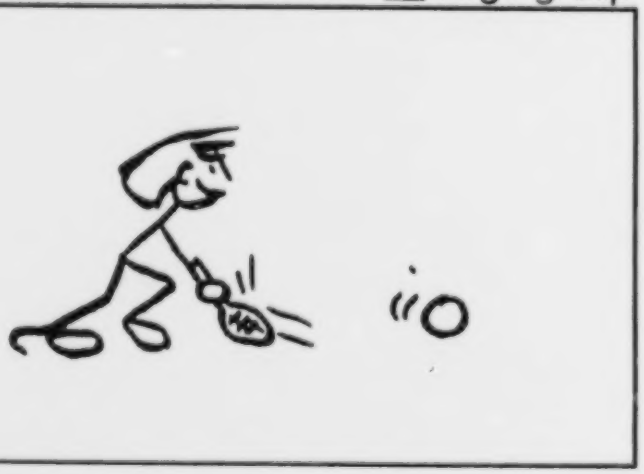
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment Racquet, small sponge ball.

Description

Students travel the length of the gym pushing the ball with the racquet. Use forehand, backhand, and alternate with non-dominant hand.

Diagram/Formation ☐small group ☒individual ☒partner ☐large group



Teaching hints/Variations

- ensure correct handshake grip with racquet.
- emphasize a gentle push with control, not a hit.
- try the skill in a relay format.

Movement skill focus **STRIKING**

Name **STRIKE DAY**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: 2-4

Equipment Variety of balls, tees, pylons, bats and hockey sticks.

Description

Set the gym up with a variety of striking stations and have the students rotate through. Have students sit in a safe spot while they wait for their turns. Stations could include tee ball, spongee polo golf, soccer maze, broomball shooting, beachball or balloon volleyball, paddle ball, floor hockey shooting.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group

Teaching hints/Variations

- keep the stations apart, use mats/benches to designate areas.
- ensure striking direction is towards a wall.

158

Movement skill focus **STRIKING**

Name **SERVE TO WIN**

Other skills involved

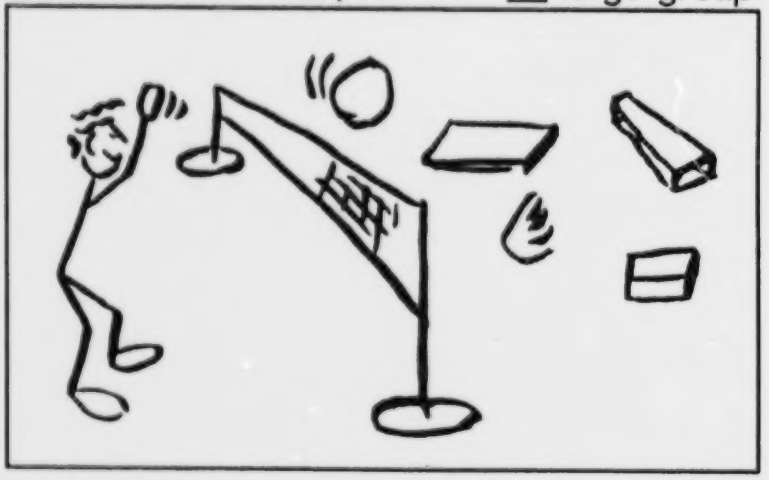
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: 3-4

Equipment Volleyball net, volleyball, bench, box, cone, mats.

Description

Students serve a ball over a net attempting to hit the objects scattered on the floor on the other side. Vary the points for the objects. Students keep track of their own score and then add up team score at the end. Play for a set time period, then start again.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group



Teaching hints/Variations

- stress stepping onto opposite foot when striking the ball.
- have four students on either side serve at a time.

159

Movement skill focus **STRIKING**

Name **RACQUET GOLF**

Other skills involved

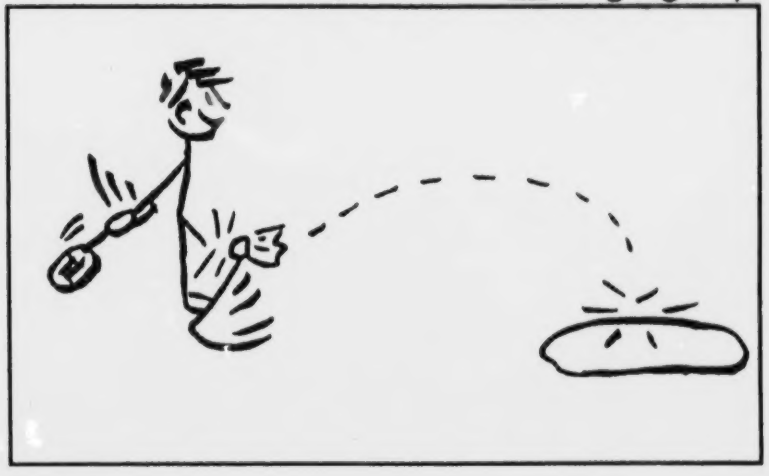
Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: 1-4

Equipment Hoops, badminton net, short handle racquets, birdies.

Description

This game is like mini golf. The challenge is to hit, serve, the birdies into hoops from a tee (cone). Count the number of tries needed for each hole. Vary the distance from tee to hoop. Use a number of hazards, benches, boxes, etc.

Diagram/Formation ☒small group ☒individual ☒partner ☐large group



Teaching hints/Variations

- use a beanbag with underhand toss.
- vary the striking object, beachball, balloons, etc.

160

Movement skill focus **STRIKING**

Name **STRIKE 4**

Other skills involved Catching, throwing

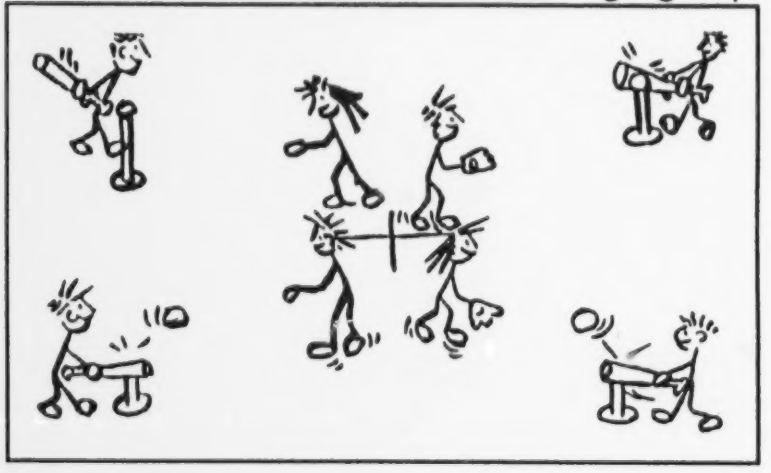
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Batting tees, bats, whiffle, or sponge balls.

Description

Divide the activity area into four playing areas. Place a tee near each end with a bat and ball. Place students in groups of three to six into the areas. The students at bat will strike the ball off the tee four times. Fielders catch the ball and return the ball to the batter. After the fourth hit the striker must do a task, .ie., five jumping jacks. Fielders try to get the ball and tag the striker before they finish the task. Indoors use a sponge ball; outdoors a plastic whiffle ball.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- use a paddle racquet for the lesser skilled students.
- use different sized balls.

Movement skill focus **STRIKING**

Name **TIN CAN CRICKET**

Other skills involved Running, throwing

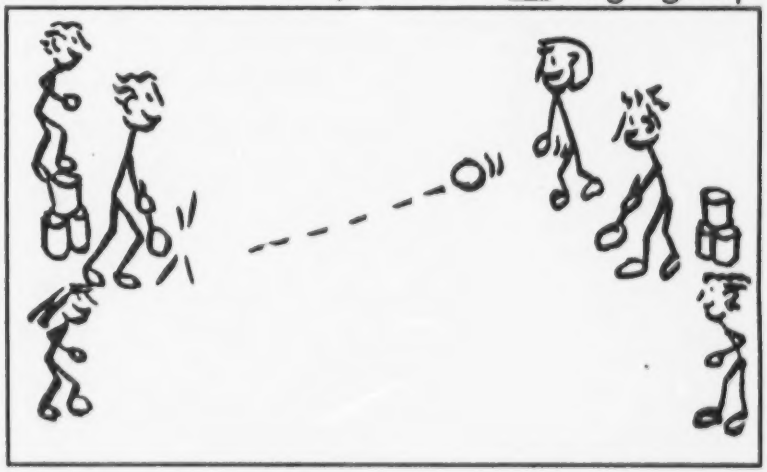
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 3-4

Equipment Two baseball bats, tin cans, ball.

Description

Two batters stand opposite each other in front of a tin can pyramid (three cans). The rest of the group are three fielders and one bowler(pitcher). The ball is rolled to a striker, if hit, both strikers run back and forth. The fielders attempt to throw and knock over the tin cans to get the striker out. Strikers are safe once they are able to place bats in holes in front of the pyramids.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- use paddle racquet for students at initial phase.

Movement skill focus **STRIKING**

Name **DANISH T-BALL**

Other skills involved Running, throwing

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Tee, plastic or sponge balls, plastic bat, bases.

Description

Striker hits the ball with a bat and runs around the bases. The striker is out if the backcatcher places the ball on the tee when the striker is not on a base. The striker may run around the diamond as many times as possible. Every student bats before switching places with the fielders.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- use mats for bases.
- ensure backcatcher is standing a safe distance from the tee.
- a caught flyball could be an out, try other striking skills.

Movement skill focus **STRIKING**

Name **3 BALL AND YOU'RE OUT**

Other skills involved Running, catching

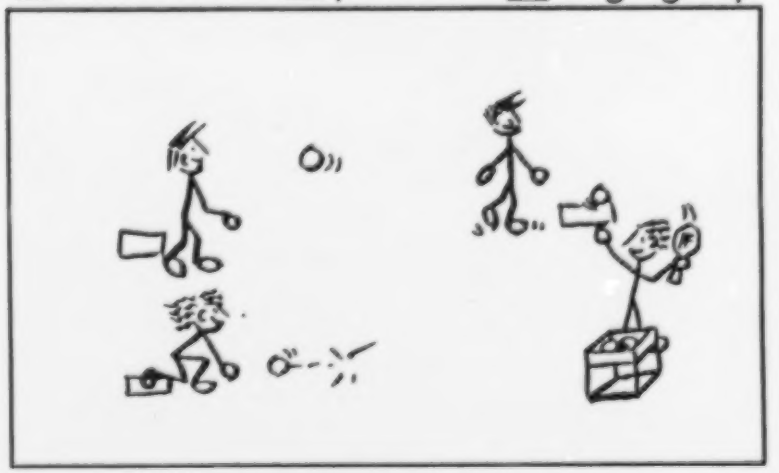
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 3-4

Equipment Three tennis balls, paddle racquet.

Description

Three bases are set out in the field. A bucket with the three tennis balls are placed at home plate. Three strikers are chosen and the remainder of class is scattered in the field. Striker hits all three balls in the field and attempts to run around the bases before the fielders can place the balls back in the bucket. Striker is out if the balls beat them home.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- vary the type of ball used, number of bases.
- fielders become strikers one-by-one following a predetermined order.

KICKING

Key Points and Teaching Hints

- No preparation or follow through - Focus on a full swing of the leg.
- Kick initiated from the knee - Emphasize the kick being initiated from the hip.
- Body held stiffly - focus on stepping into the ball.

SUMMARY CHART — KICKING

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) GUARD BALL												*				X	X					X		167
2) CALL & KICK												*			X	X	X					X		168
3) HOOP BALL												*			X	X						X		169
4) MAX KICKS												*			X	X				X		X		170
5) KICK AWAY								S				*					X						X	171
6) KINGPINS								S				*					X						X	172
7) TARGET SOCCER								S				*			X	X	X					X		173
8) LINE-UP SOCCER	S							S				*					X						X	174
9) KICK,DODGE & RUN	S							S	S	S		*					X						X	175
10) EVERYBODY SCORE SOCCER	S											*					X						X	176
11) BREAKOUT												*					X					X		177
12) WALL & BALL												*			X	X				X	X	X		178

Movement skill focus **KICKING**

Name **GUARD BALL**

Other skills involved

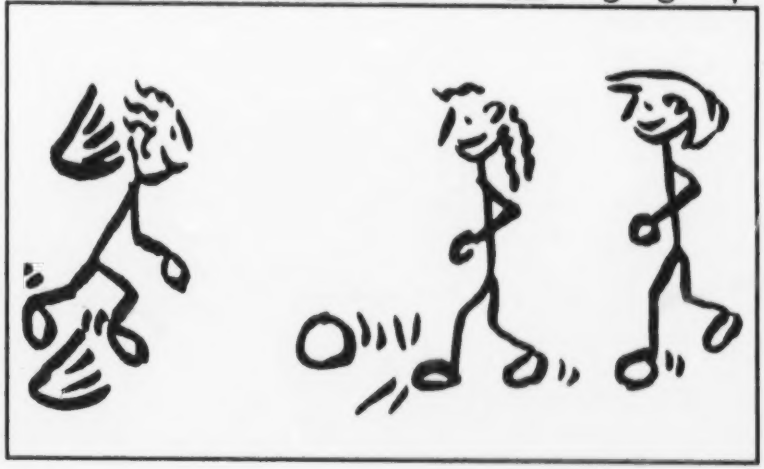
Type of activity ☐warm-up ☐skill practice ☒game ☒station ☐rhythmic Grade: 2-4

Equipment Cones, nerf or sponge balls.

Description

Groups of three, one kicker and two goalies. Kicker tries to score a goal, after five attempts switch positions.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- use small area to start.
- vary goal size, distance between the kicker and goalies.
- use throwing, rolling, try foam frisbees.

Movement skill focus **KICKING**

Name **CALL & KICK**

Other skills involved

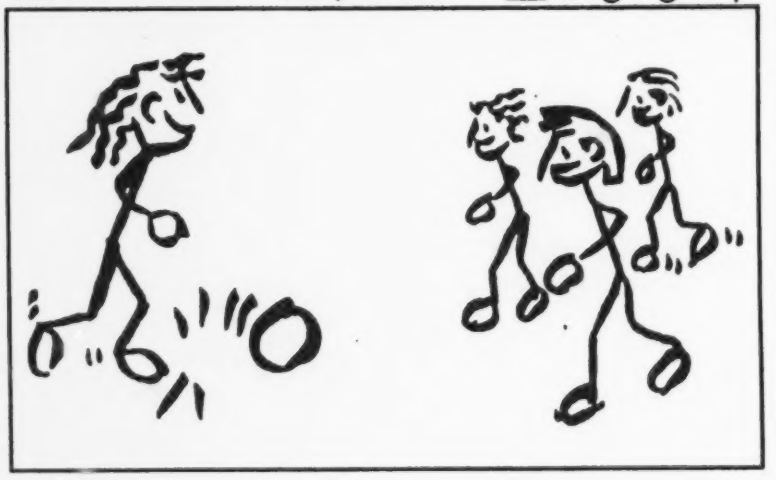
Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: 1-4

Equipment Soft or under-inflated balls.

Description

Students in groups of three to four. Kicker calls names of others and kicks the ball. Student called traps ball and returns the kick. Switch after a set time.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- use designated areas for each group.
- vary distance.
- use throwing, rolling, striking skills.

Movement skill focus **KICKING**

Name **HOOP BALL**

Other skills involved

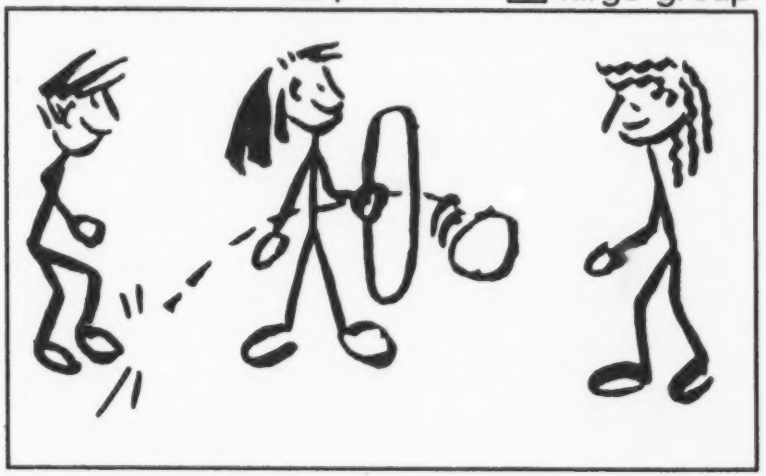
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Hoops, nerf balls.

Description

Groups of three as in diagram with one student holding the hoop. Using the side of foot, as in passing, students take turns kicking the ball through the hoop to each other. Rotate positions after a set time or number of kicks.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group



Teaching hints/Variations

- emphasize accuracy and keeping the ball low.
- stress passing kick, backswing, and follow-through.

Movement skill focus **KICKING**

Name **MAX KICKS**

Other skills involved

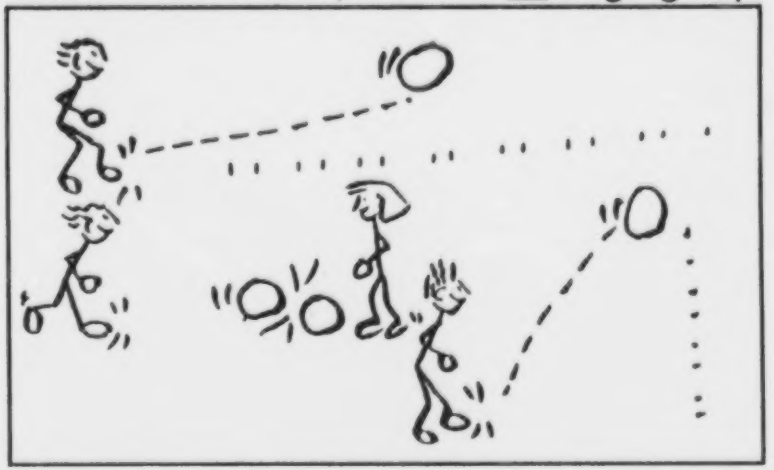
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: 2-4

Equipment Twelve inch playground or utility balls.

Description

Students kick balls outside at three stations for distance, targets, or height. Distance kick, take three steps back from the ball and step-stride-kick. Targets- try to hit the partners stationary ball. Height- scatter around field.

Diagram/Formation ☒small group ☒individual ☐partner ☐large group



Teaching hints/Variations

- stress foot placement for distance, accuracy, and targets.

170

Movement skill focus: **KICKING**

Name: **KICK AWAY**

Other skills involved Catching

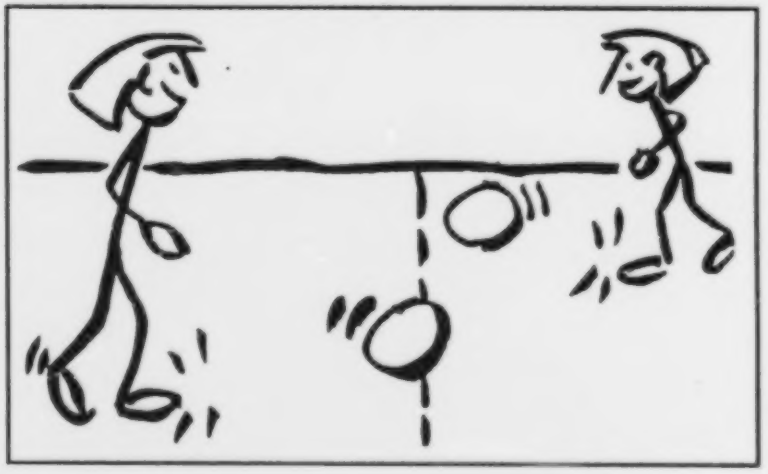
Type of activity: ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Nerf or sponge balls.

Description

Each team starts with same number of balls (six to eight). Balls are kicked into each others area. After a set time period play is stopped and the balls are counted. Team with the least amount of balls on their side gets a point. Start up play again.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- designate a no kicking boundary; must kick from a specific distance.

Movement skill focus **KICKING**

Name **KINGPINS**

Other skills involved Catching

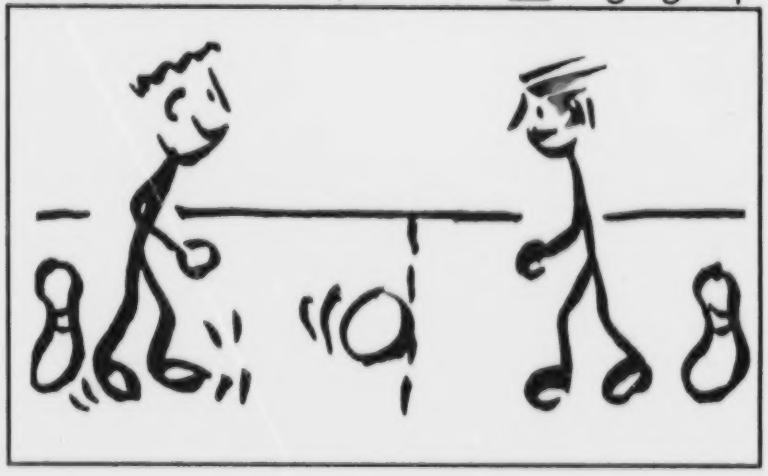
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Bowling or wooden pins, nerf balls.

Description

Each team has five to six balls. Object is to knock down opponent's pins. Must stay behind a boundary line.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- use walls for ricochet.
- students throw or roll balls from behind a designated line.
- arrange pins one in front of the other.

172

Movement skill focus **KICKING**

Name **TARGET SOCCER**

Other skills involved Catching

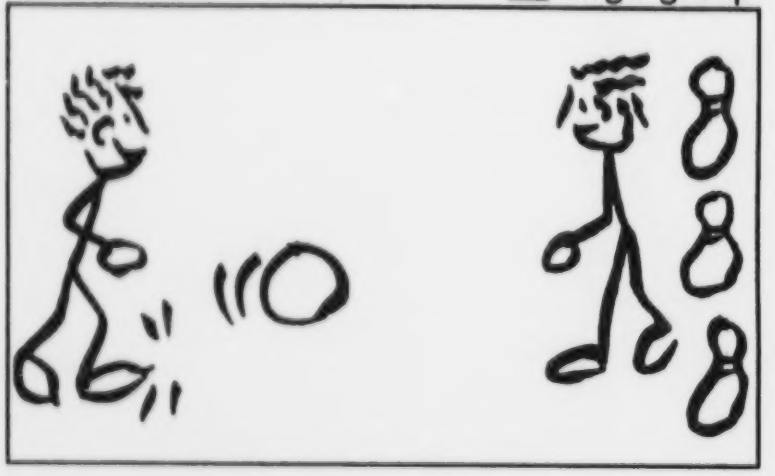
Type of activity ☐warm-up ☒skill practice ☒game ☒station ☐rhythmic Grade: 1-4

Equipment Bowling or wood pins, nerf/sponge ball.

Description

Students line up three to four metres from target area, one student is the goalie. Kickers take turns trying to hit the targets. Switch positions so all can have a turn playing goal.

Diagram/Formation ☒small group ☐ individual ☐ partner ☐ large group



Teaching hints/Variations

- practice kicking at targets without a goalie first.
- vary the distance between the kicker and the target area.

Movement skill focus **KICKING**

Name **LINE-UP SOCCER**

Other skills involved Catching, running

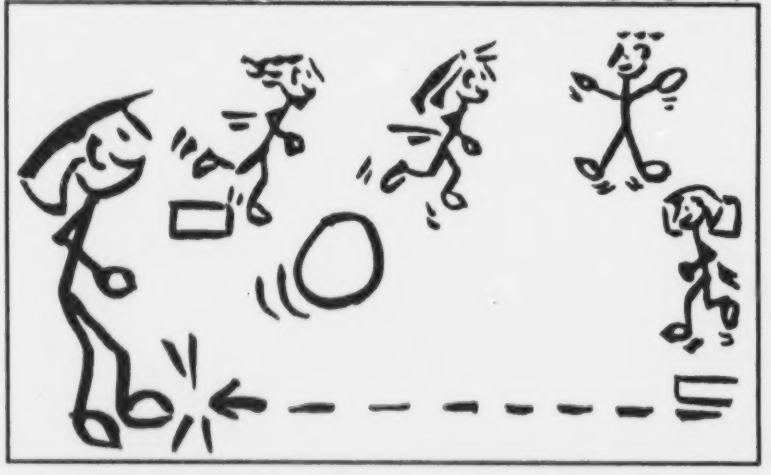
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Nerf soccer ball, two pilons or hoops.

Description

Teams are divided into kickers and fielders. Teacher rolls the ball to the kicker. Once the ball is kicked the student runs around the bases scoring a run for each base. Fielder catches ball and the rest of the fielders must line-up behind each other and sit down to complete an out.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- a caught ball could be an automatic out.
- once lined up fielders pass the ball over/under or through legs.
- each student gets a kick when at bat.

Movement skill focus **KICKING**

Name **KICK,DODGE & RUN**

Other skills involved Catching, throwing, running

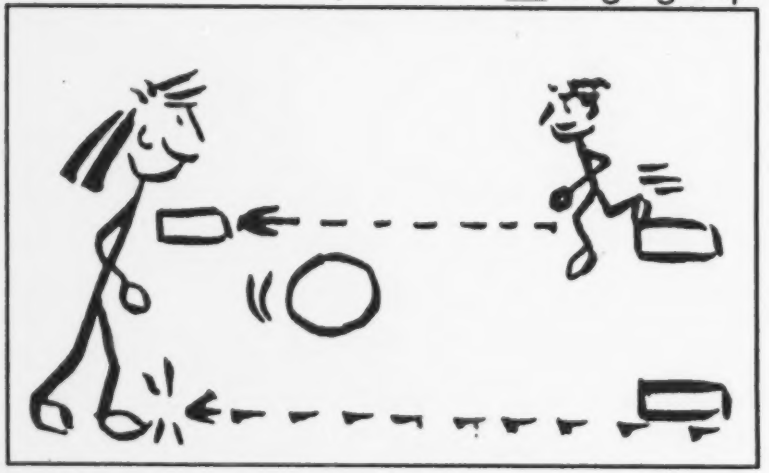
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 3-4

Equipment Bases/hoops, nerf ball/sponge ball.

Description

Teacher rolls a ball to the "batter". Once the ball is kicked, the student runs around bases. To get outs, the fielders must hit the kicker while the kicker is in between the bases. Kickers getting home can continue running around until all have had a turn to bat.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- there can be more than one runner at a base.
- safety rule-hit below the waist.

Movement skill focus **KICKING**

Name **EVERYBODY SCORE SOCCER**

Other skills involved Running

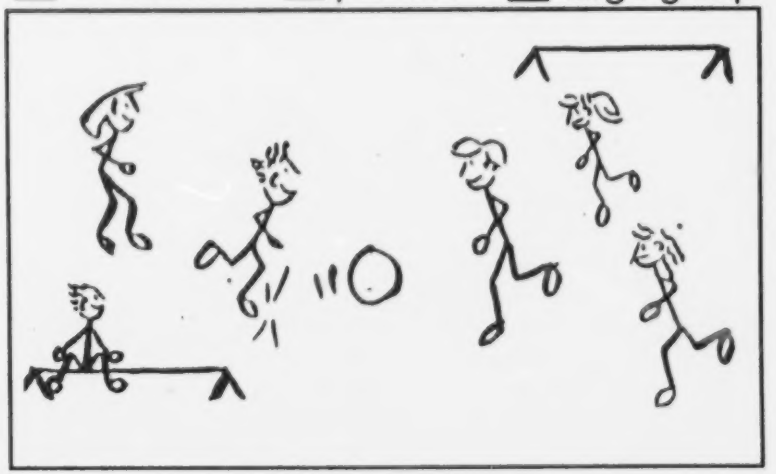
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Benches/mats, goals, nerf balls.

Description

No goalies allowed at the start, as soon as a student scores a goal they sit down at their bench/mat. First team with everyone sitting down wins. Use more than one ball. Goals should be very large.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- suggest that some students play more defensively, or assist others in scoring.
- allow a goalie after skill and gamesmanship develop.

176

Movement skill focus **KICKING**

Name **BREAKOUT**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 1-4

Equipment Nerf or sponge ball.

Description

Students stand in a circle with feet apart. No spaces around the circle. Object is to kick the ball below knee level through the legs of the players. If the ball goes between two players they both perform a task.

Diagram/Formation ☒small group ☐individual ☐partner ☐large group

Teaching hints/Variations

- stress kicking with the side of the foot.
- ball can only be blocked using the feet.
- students do a task, i.e., a lap, then rejoin the circle.

177

Movement skill focus **KICKING**

Name **WALL & BALL**

Other skills involved

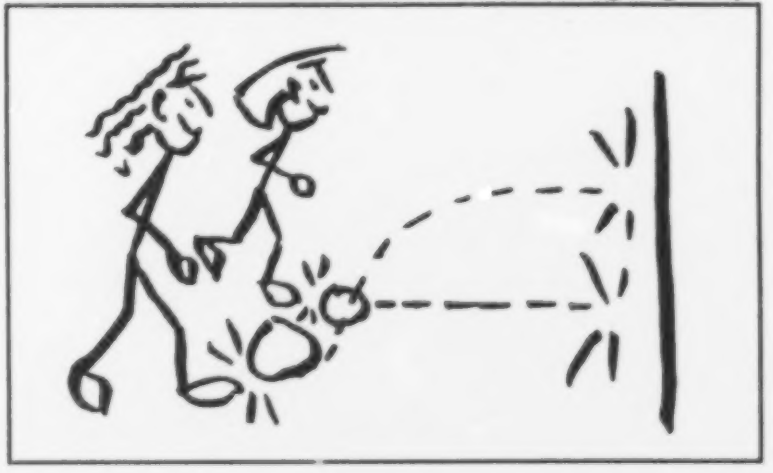
Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: 3-4

Equipment Nerf/sponge soccer ball, targets.

Description

Students try to kick the ball at targets placed at varied heights. Students must be shown where to make proper contact on the ball to get it to different heights.

Diagram/Formation ☒small group ☒individual ☒partner ☐large group



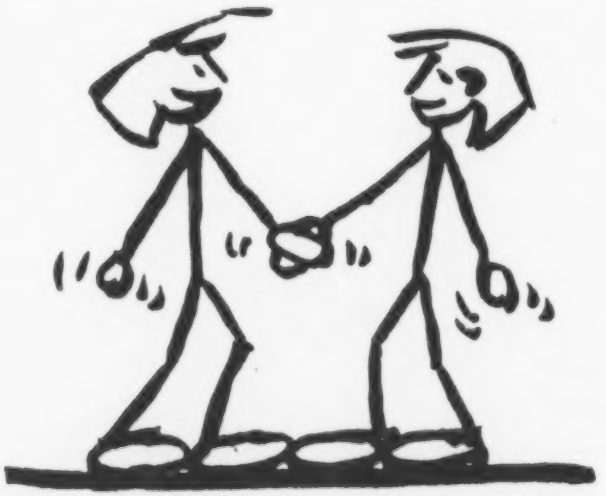
Teaching hints/Variations

- vary the distance from the wall.
- vary heights of targets.
- tape Xs for targets.

STATIC BALANCE

Key Points and Teaching Hints

- Excessive use of arms - Hold onto someone's hand or objects to help the student relax.
- One sided balance - Practice both sides.
- Eyes looking down - Encourage focusing on an object in front at eye level.



SUMMARY CHART — STATIC BALANCE

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) NUMBER BALANCE													*		X					X		X		181
2) PARTNER PYRAMIDS													*		X						X			182
3) BALANCE TAG	S												*		X		X			X			X	183
4) BRIDGE TAG	S												*		X		X			X				184
5) STORK TAG	S												*		X		X			X			X	185
6) SKUNK TAG	S												*		X		X	X		X			X	186
7) BALKI-BOP	S												*		X		X		X	X	X		X	187
8) PUSH-UP JOUSTING													*		X		X				X			188
9) HANDSHAKE JOUSTING													*		X		X				X			189
10) STATUES	S			S	S								*				X		X	X			X	190
11) MUSICAL BODY BALANCE CARDS	S			S	S								*		X				X	X				191
12) SEVEN JUMPS	S				S								*						X	X				192

Movement skill focus **STATIC BALANCE**

Name **NUMBER BALANCE**

Other skills involved

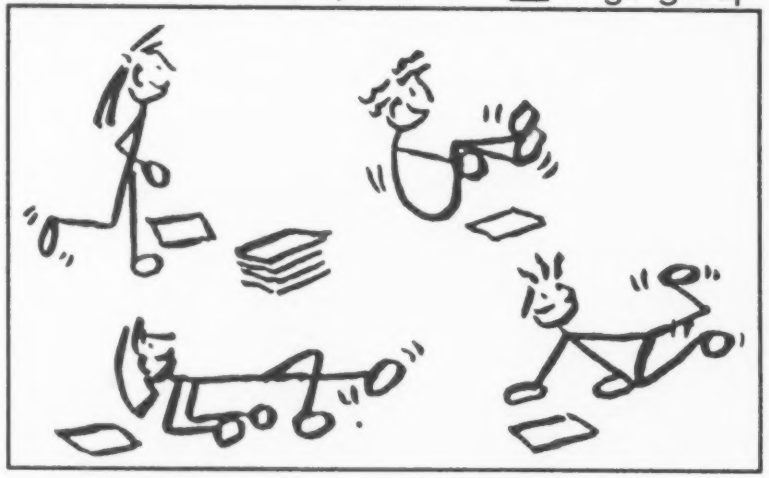
Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Thirty flash cards, ten each with numbers 1, 2, and 3.

Description

Students sit in groups of four or five in a circle, with the flash cards face down in the centre. On "go", each student draws a card and balances on the number of body parts indicated while counting to ten with the teacher. Students who balance successfully for ten seconds keep their card.

Diagram/Formation ☒small group ☒individual ☐partner ☐large group



Teaching hints/Variations

- younger students count to five while balancing.
- add cards with the numbers 4, 5, and 6.

Movement skill focus **STATIC BALANCE**

Name **PARTNER PYRAMIDS**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-4

Equipment Mats.

Description

The teacher gives a balance challenge, e.g., touching your partner, balance with your hands on the mat and your feet on your partner, etc.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- prepare a group of balance cards in advance.
- add an extra student to each group, lead into pyramid building.

182

Movement skill focus **STATIC BALANCE**

Name **BALANCE TAG**

Other skills involved Running

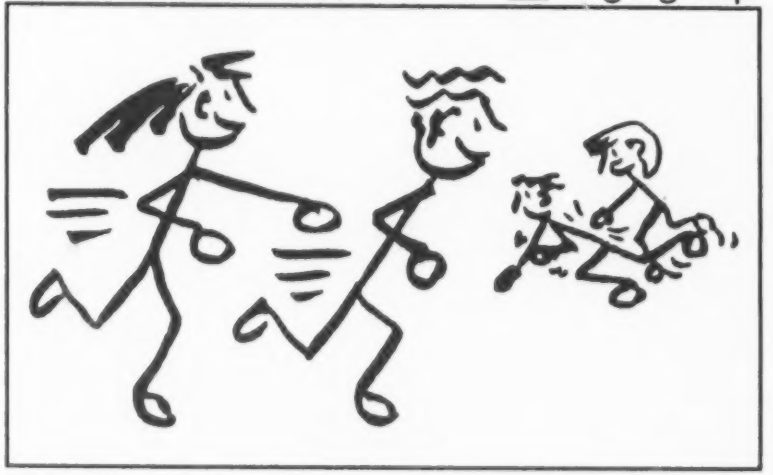
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Two students are "taggers," two students are "savers," all others are scattered around the gym. When tagged students must assume a designated balance position (one foot, or one foot-one hand, etc.) until a saver touches them to free them.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- use mats for kindergarten students.

Movement skill focus **STATIC BALANCE**

Name **BRIDGE TAG**

Other skills involved Running

Type of activity ☐ warm-up ☒ skill practice ☒ game ☐ station ☐ rhythmic Grade: K-4

Equipment Mats.

Description

Two to four students are it. When they tag a student, the student makes either a front or back bridge. The student is free when another student crawls under the bridge. Practice making bridges, practice going under the bridges before playing.

Diagram/Formation ☐ small group ☒ individual ☐ partner ☐ large group

Teaching hints/Variations

- vary the kinds of bridges, i.e., leg, side, arabesque, etc.
- place mats randomly on the floor for bridges.
- emphasize keeping the body flat when going under a bridge.

184

Movement skill focus **STATIC BALANCE**

Name **STORK TAG**

Other skills involved Running

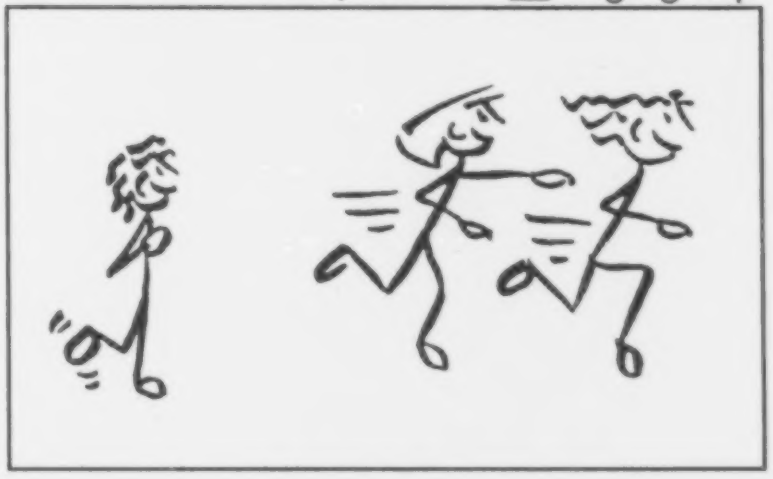
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Two to four students are it. When a student is tagged they stand on one foot, tuck their hands into their armpits (like wings) and balance to the count of five before resuming play.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- change "it" frequently; ask everyone to be "it."

Movement skill focus **STATIC BALANCE**

Name **SKUNK TAG**

Other skills involved Running

Type of activity ☒warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment

Description

Two to four students are skunks. The object is to avoid being tagged by a skunk. Students are safe if they can balance on one foot with their arm under the lifted leg and plugging their nose for up to five seconds.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- skunks cannot guard or wait while a student balances.
- change skunks often, make everybody a skunk.
- balancing students should count slowly.

186

Movement skill focus **STATIC BALANCE**

Name **BALKI-BOP**

Other skills involved Running

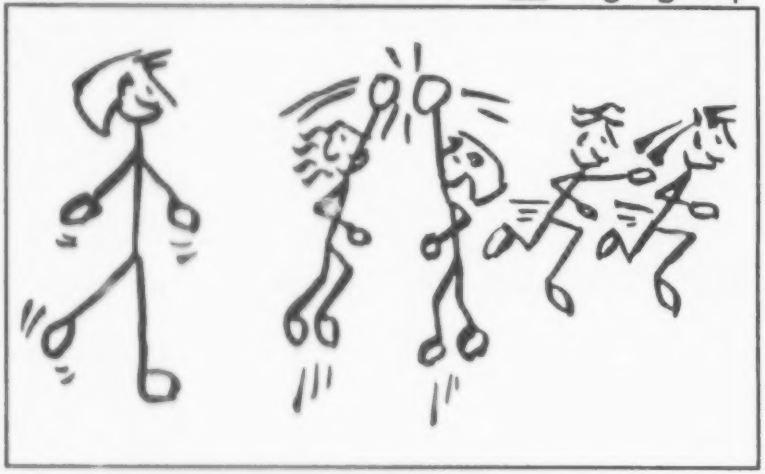
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☒rhythmic Grade: K-4

Equipment

Description

Two to four students are it. When tagged stand on one leg with the other held out to the side and arms out. The student is free when another does the Balki-Bop with them. The Balki-Bop: students face each other with hands on partners shoulders, swing right legs to side, then left, then turn a complete circle, jump in the air and do a high-five.

Diagram/Formation ☐small group ☒individual ☒partner ☒large group



Teaching hints/Variations

- teach the Balki-Bop movements prior to playing the game.
- use music.

Movement skill focus **STATIC BALANCE**

Name **PUSH-UP JOUSTING**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: 2-4

Equipment Mats.

Description

Partners face one another in a push-up position. On a signal, each partner tries to pull out the other's hands and cause their partner to drop to their stomach.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group

Teaching hints/Variations

- do not pull on elbows, pull on forearms.

188

Movement skill focus **STATIC BALANCE**

Name **HANDSHAKE**
JOUSTING

Other skills involved

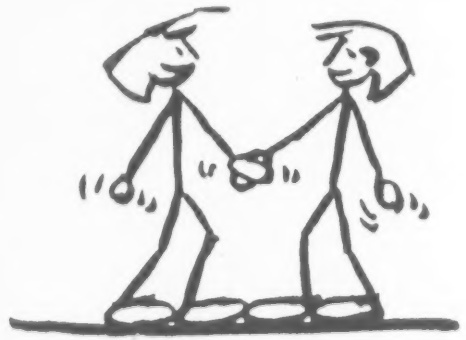
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Lines on the floor.

Description

Partners stand toe-to-heel on a line facing each other with the front toes touching. Partners grasp right hands in a handshake grip, the other hand is free for balance. On signal, partners try to pull or push each other off the line.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- use mats for kindergarten students.
- use a low beam with mats for older students.
- try standing on one foot, try using the non-dominant hand.

Movement skill focus **STATIC BALANCE** Name **STATUES**

Other skills involved Running, skipping, galloping

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☒rhythmic Grade: K-2

Equipment Music.

Description

Two students are statue shoppers and stand in the centre of the gym with the teacher. The other students are given a theme for their statues, e.g., athletes, animals, etc. The students move freely around the gym to the music. When the music stops, the students "freeze" into a statue. The shoppers choose two new statue shoppers.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- practise balances.
- each student should get a chance to be a shopper.

190

Movement skill focus **STATIC BALANCE**

Name **MUSICAL BODY BALANCE CARDS**

Other skills involved Running, skipping, galloping

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☒rhythmic Grade: K-2

Equipment Set of body balance cards, music.

Description

Scatter body balance cards around the gym floor. Each student assumes the balance on the cards and holds it for three seconds. When the music begins students move around the gym in the pathways between the cards. Once the music stops students find a new balance card and assumes the balance. Add hoops to increase number of students/stations.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- the following body parts require a pattern: foot, hand, head, elbow, knee, bottom. On a half piece of poster paper, draw combinations of parts, colour and laminate.

Movement skill focus **STATIC BALANCE**

Name **SEVEN JUMPS**

Other skills involved Running, skipping

Type of activity ☐warm-up ☐skill practice ☐game ☐station ☒rhythmic Grade: K-4

Equipment Recording of Seven Jumps.

Description

Students move freely around the gym to the music. On the sustained notes, stop and balance until the music resumes. For each sustained note assume a different balance: one foot, other foot, one knee, other knee, elbow, other elbow, head. Have the students listen to the music first and move in all the general space with frequent changes in direction.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- instead of the balances described in the dance, balance at different levels, in different shapes, or in hoops.

DYNAMIC BALANCE

Key Points and Teaching Hints

- Body tense or rigid - Allow student to hold objects with hands or hold onto a hand to help relax.
- Sliding step instead of a stepping action - Encourage students to step right, step left as in walking.
- Falling or losing balance - Adjust levels and base of support so the student progresses from a low of level to high level (lines to beam) and wide base support to narrow (bench top to bench bottom).
- Eyes focused down, excessive arm movement - Encourage students to look ahead and feel with feet, use only slight arm movements for balance.

SUMMARY CHART — DYNAMIC BALANCE

* Main Focus
(S) Other Focus

Name of Activity	TRANSPORT: Running	Jumping	Hopping	Galloping	Skipping	MANIPULATION: Rolling	Bouncing	Catching	Underhand Throwing	Overhand Throwing	Striking	Kicking	BALANCE: Static Balance	Dynamic Balance	ACTIVITY TYPE: Skill	Station	Game	Warm-up	Rhythmic	FORMATION: Individual	Partner	Small Group	Large Group	PAGE
1) TIGHTROPE WALK														*	X					X			X	195
2) BENCH BALANCES													S	*	X		X			X				196
3) BALANCE STEP-UP														*		X				X		X		197
4) TIN CAN STILTS														*		X				X				198
5) MOUNTAIN CLIMB														*		X				X				199
6) GATHERING GOLD														*			X			X			X	200
7) ROBOTS														*			X			X			X	201
8) STAND-OFF														*			X				X			202
9) ROBIN HOOD & LITTLE JOHN														*			X				X			203
10) PUSH & PULL														*			X				X			204
11) CANYON CROSS														*	X		X						X	205
12) LOST IN SPACE														*			X						X	206

Movement skill focus **DYNAMIC BALANCE** Name **TIGHTROPE WALK**

Other skills involved

Type of activity ☐warm-up ☒skill practice ☐game ☐station ☐rhythmic Grade: K-2

Equipment Lines on the gym floor.

Description

Each student stands on a different line on the floor. Students practise walking heel to toe forward along the line. When students meet on a line, they turn around or back up to a new line.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- practise walking backward, sideways.
- try balancing a beanbag on a body part. Use ropes.
- try stepping over small objects, e.g., hoop, beanbag, rings.

195

Movement skill focus **DYNAMIC BALANCE** Name **BENCH BALANCES**

Other skills involved Static balance

Type of activity ☐warm-up ☒skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Benches.

Description

Students alternate walking forward, backward, and sideways along a bench, stopping in the centre to do a static balance on one, two, or three body parts then continue walking. Begin by using the wide side of the bench, then move to the narrow side. As students gain proficiency move up to a balance beam.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group

Teaching hints/Variations

- walk stepping over beanbags, or try picking up beanbags on the way.
- in partners, challenge each with different balances.

196

Movement skill focus **DYNAMIC BALANCE** Name **BALANCE STEP-UP**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Benches, balance beam, beanbags, two crates.

Description

Students start at the end of the low balance beam (bench) and walk a few steps forwards, sideways, then backwards. Students then move to a higher beam and walk stepping over small obstacles. On the bench, students balance a beanbag on their head and walk across. At the end of the bench the students takes a bow and drops the bag into a crate. The student picks up the beanbag and returns it to the first crate, balancing it on a different body part. Students can practise throwing and catching with themselves while waiting for their turn.

Diagram/Formation ☒small group ☒ individual ☐partner ☐large group

Teaching hints/Variations

- demonstrate the sequence with a capable student.
- emphasize proper posture.

Movement skill focus **DYNAMIC BALANCE** Name **TIN CAN STILTS**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Tin can stilts, hoops, pilons, hurdles.

Description

Students wear tin can stilts and walk through an activity circuit, stepping in and out of hoops, zig-zagging around pilons, stepping over low hurdles.

Diagram/Formation ☐small group ☒ individual ☐ partner ☐ large group

Teaching hints/Variations

- make tin can stilts with a variety of tin cans; two holes punched and string put through the holes to hold onto.

198

Movement skill focus **DYNAMIC BALANCE** Name **MOUNTAIN CLIMB**

Other skills involved

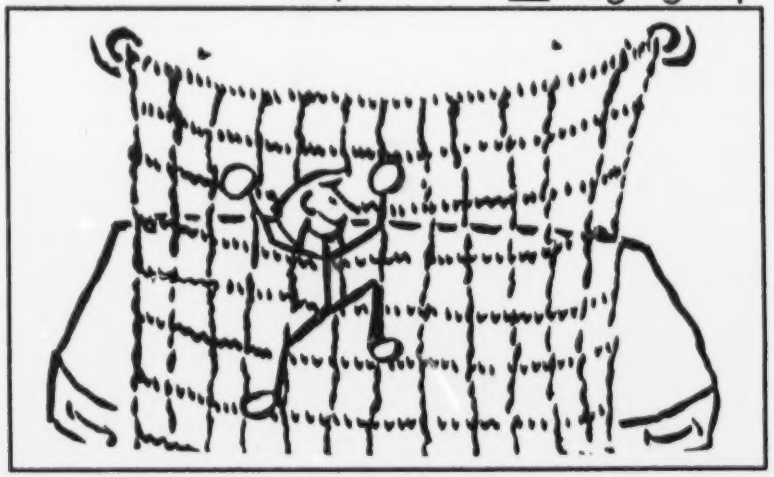
Type of activity ☐warm-up ☐skill practice ☐game ☒station ☐rhythmic Grade: K-4

Equipment Cargo net and mats.

Description

Students climb up and down the cargo net in a zig-zag pattern.

Diagram/Formation ☐small group ☒individual ☐partner ☐large group



Teaching hints/Variations

- practise climbing straight up and down the cargo net.

Movement skill focus **DYNAMIC BALANCE** Name **GATHERING GOLD**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-3

Equipment Beanbags, hoops, bench.

Description

Beanbags (gold bars) are scattered on different lines on the floor. The students walk along the lines to pick up gold bars and carry them on arms, shoulders and head to a safe hoop. If a student steps off a line, they go to jail. To get out of jail, another student must pay one gold bar.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group

Teaching hints/Variations

- walk in different directions, backward, sideways.

200

Movement skill focus **DYNAMIC BALANCE** Name **ROBOTS**

Other skills involved

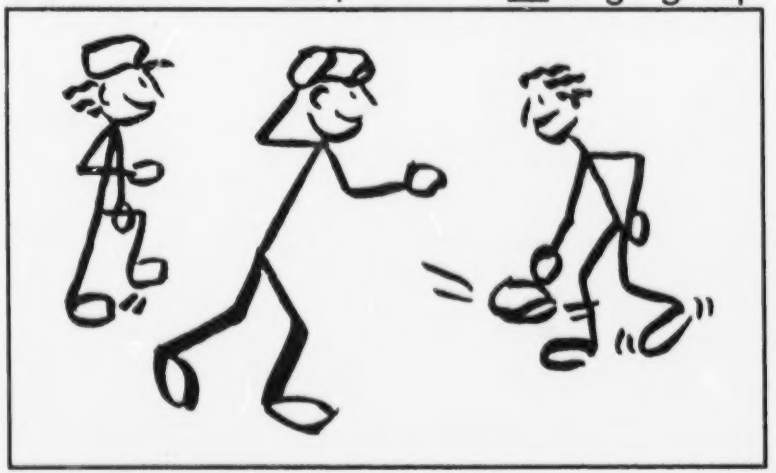
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-2

Equipment One beanbag for each student.

Description

All students are robots, the beanbags placed on their heads act as a Power Pac. The students move freely around the gym, balancing the pacs on their heads. If the beanbag falls off, the robot loses power and must stand still until another robot replaces the power pac.

Diagram/Formation ☐small group ☒individual ☐partner ☒large group



Teaching hints/Variations

- stress not holding the beanbag with hands; robots are unable to replace their own power pacs.

Movement skill focus **DYNAMIC BALANCE** Name **STAND-OFF**

Other skills involved

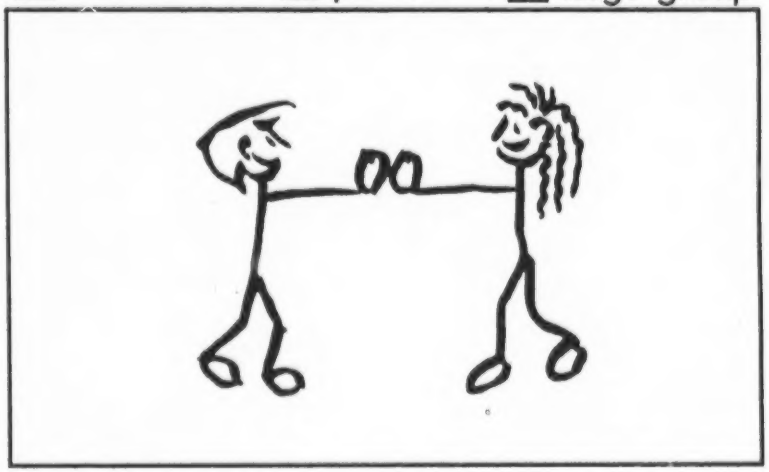
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Mats.

Description

Partners stand facing one another, arms distance apart, palm to palm. On a signal, partners push against each other, attempting to push one another off balance.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- experiment with students having a wide vs. narrow base of support, stiff vs. bent legs, etc.

Movement skill focus **DYNAMIC BALANCE** Name **ROBIN HOOD & LITTLE JOHN**

Other skills involved

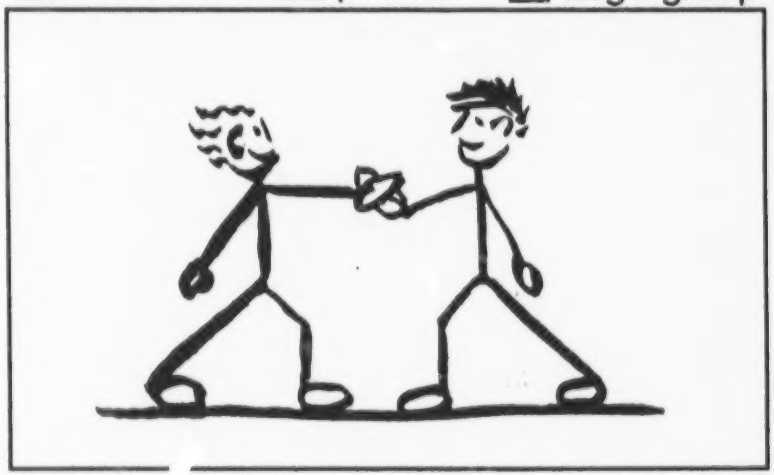
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Mats, benches.

Description

Partners stand on a line facing one another, right legs forward, right hands joined. On a signal, partners attempt to pull each other off balance.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- when students become more skilled try the game on benches with mats under them.

408

Movement skill focus **DYNAMIC BALANCE** Name **PUSH & PULL**

Other skills involved

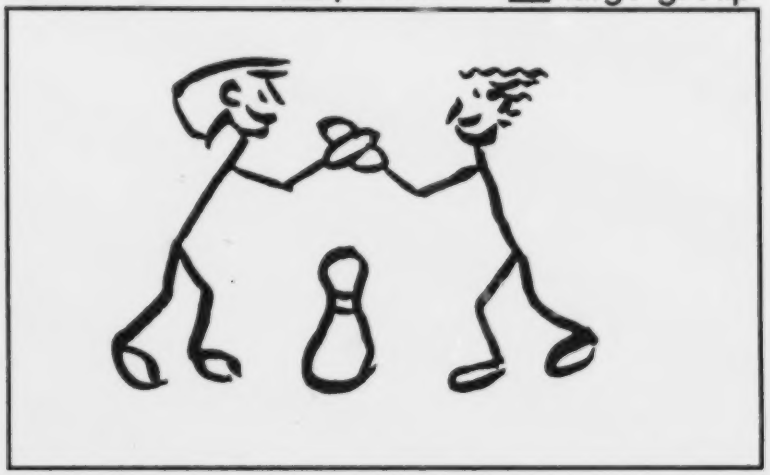
Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: 3-4

Equipment Wooden club, or bowling pin for every two students.

Description

Two students face one another and lock wrists. A club or pin is placed between them. On "go" the students push and pull one another trying to cause the other to knock the club down.

Diagram/Formation ☐small group ☐individual ☒partner ☐large group



Teaching hints/Variations

- try larger groups of four to ten students in a circle each with a club, one foot in front of them. Lock wrists and pull.

Movement skill focus **DYNAMIC BALANCE** Name **CANYON CROSS**

Other skills involved

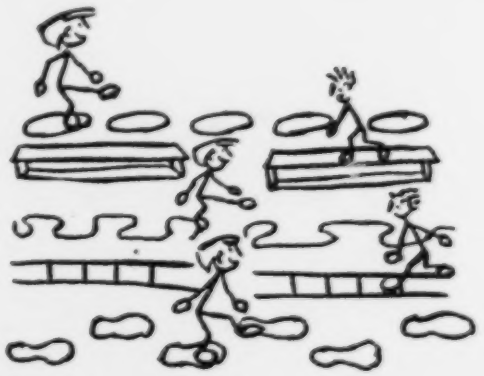
Type of activity ☐warm-up ☒skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Hoops, ropes, benches, ladders, footprints.

Description

The students line up at alternate ends of the pathways across the canyon. Each pathway represents a bridge. The students attempt to cross over the bridge stepping only on the equipment, being careful not to fall into the canyon. If a student falls they can go back to the beginning of the bridge and try again.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group



Teaching hints/Variations

- step in and out of hoops while walking along benches.
- cross bridges while balancing a beanbag on the head.
- crab walk across benches balancing a beanbag on the tummy.

205

Movement skill focus **DYNAMIC BALANCE** Name **LOST IN SPACE**

Other skills involved

Type of activity ☐warm-up ☐skill practice ☒game ☐station ☐rhythmic Grade: K-4

Equipment Gymnastic equipment, hoops, three to five pinnies.

Description

Set the gym equipment up interconnecting the pieces. Three to five students are "it" and wear the pinnies. The students move around on the equipment avoiding being tagged. Once tagged or if they step on the floor, the student becomes lost in space and must sit in the Rocket Ship at the end of the gym. If one of the students who are "it" step on the floor, they give their pinnie to the first student in the Rocket Ship and join in the game with the rest.

Diagram/Formation ☐small group ☐individual ☐partner ☒large group

Teaching hints/Variations

- keep all equipment low; emphasize safety.
- the "its" throw nerf or sponge balls (meteorites) at the students.
- safety first.

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Movement skill focus

Name

Other skills involved

Type of activity ☐warm-up ☐skill practice ☐game ☐station ☐rhythmic Grade:

Equipment

Description

Diagram/Formation ☐small group ☐individual ☐partner ☐large group

Teaching hints/Variations